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# Calgary metro

## GOLDEN GLOBES

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Your essential daily news | WEEKEND, DECEMBER 11-13, 2015

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Western Canada student Keilin Morrison, Grade 11, takes a photo of her team tree — the Debate Decorators.

# THE GIVING TREE

Students help victims of domestic violence metroNEWS

# Nenshi seeks new cash for community

ECONOMY

## Resiliency Fund would come from \$30M surplus



Calgary’s mayor wants to freeze transit fares, recreation and parks fees and allocate funds to affordable housing and business units with increased demand to help Calgarians through tough times.

Mayor Naheed Nenshi will put forward a notice of motion for Monday’s council meeting to allocate a \$30-million surplus to a one-time Resiliency Fund instead of squirrelling it away into the Fiscal Stability Reserve.

“We’re coming to the end of the year and we took a good look at the books,” said Nenshi. “I realized that we did, in fact — through a lot of

savings and efficiencies — get this one-time surplus.

“Rather than put that into our savings account, let’s put that to immediate work during this economic downturn.”

In his notice of motion, Nenshi opts to freeze transit fares, recreation and parks fees at the 2015 levels for 2016 — except the adult bus passes, which are set to increase to \$103 for the month of January only.

He’s proposing to pump \$5 million into non-profits and city business units who have excess demand or diminished revenue. A \$14.4-million boost to affordable housing initiatives in the community is also part of his plan.

Coun. Andre Chabot said with the possible price hikes the city will face as the province brings in a carbon tax, it might be better to hold onto the cash.

“It will definitely impact the price of electricity, of which we are a big consumer,” said Chabot. “I think we should take a wait-and-see approach.”



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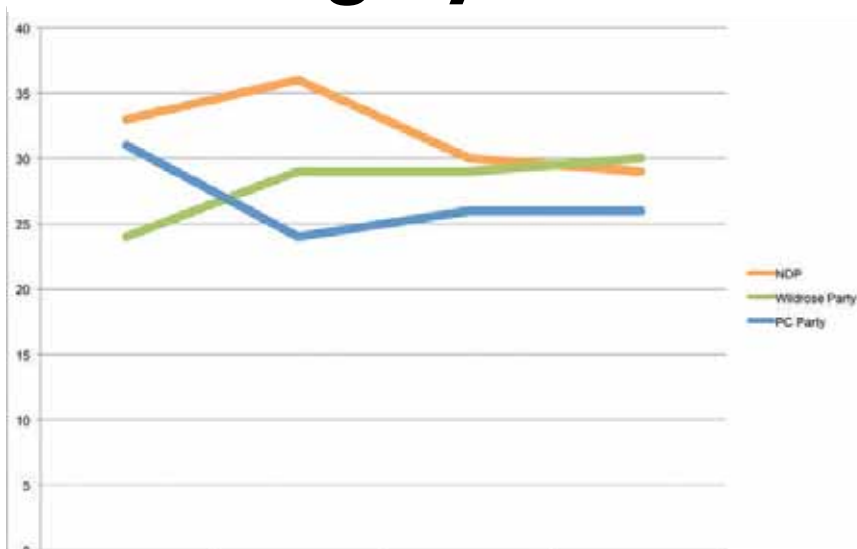
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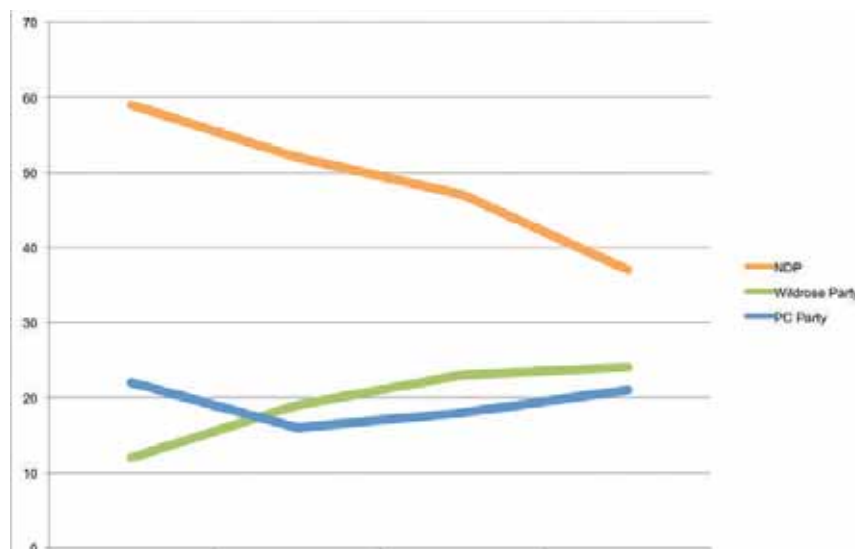


## Calgary CMA



it's still a three-way race in Calgary, though the NDP's slight decline could have had a big impact on riding outcomes, says political science professor, Duane Bratt. THINKHQ

## Edmonton CMA



While the NDP has seen a precipitous drop in the Edmonton area, in the city of Edmonton the drop isn't as dramatic, and the party still enjoys a healthy lead. THINKHQ

# Economy batters NDP popularity



**Darren Krause**  
Metro | Calgary

New poll numbers show support for Alberta's governing NDP is in a post-election tailspin, with the party losing ground to both Wildrose and the Progressive Conservatives — but the economy rather than recent policy could be to blame, experts say. According to a ThinkHQ survey of 1,230 Albertans, province-wide support among decided voters showed the Wildrose Party out front with 33 per cent,

the NDP at 29 per cent and PC Alberta with 25 per cent. In fourth is the Alberta Liberal Party with eight per cent.

ThinkHQ president Marc Henry said the NDP retreat from an election high of 41 per cent mimics the wave of support that took them to a majority government.

"That wave's receding and it's almost receding in the same fashion it went out," said Henry, noting that although the recent legislative session has been rocky, with controversial Bill 6 and the climate change proposal, the economy is likely a

bigger factor in the downward pressure on popularity.

"People in Alberta are anxious about the economy. It's not as though people blame the government for the straits that we're in ... it's not their fault that oil's at \$37 per barrel," Henry said.

Poll numbers also show a steep drop in the Edmonton CMA, which includes the bedroom cities around Edmonton, from a high of 59 per cent in May to 37 per cent today. Still, the NDP lead Wildrose by 13 per cent, with the latter registering support around 24 per cent.

"The erosion of their (NDP) support in Edmonton has been drastic, but they had such a huge lead, so they still own Edmonton."

In Calgary, it's a three-way dogfight, as it was leading up to the election.

NDP support has slipped to 29 per cent from an election high of 36 per cent, while Wildrose support rose slightly from 29 to 30 per cent. The PCs, meanwhile, rose from 24 per cent at election time to 26 per cent today.

Mount Royal political science professor Duane Bratt agreed the economy plays a large role in

the poll numbers, but said the Calgary results show some of the city's seats would be in play for the Wildrose and PC parties.

"Those races were so tight," Bratt said.

"What this shows me is the (next) election will be won or lost in Calgary."

### + THE NUMBERS

The ThinkHQ online survey uses a representative but non-random sample, so margin of error isn't applicable. However, a probability sample of this size (1,230) yields a margin of error of +/- 2.8 per cent 19 times out of 20. THINKHQ

# 12

Percentage drop in support Premier Rachel Notley's party has seen since May.

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Despite efforts to have some communities reduce speeds to 40km/h, the province isn't looking at an Alberta-wide residential speed reduction. METRO FILE

# 40 km/h 'not on the agenda:' Province

## TRAFFIC

### Residential speed limit would save lives: Report



**Helen Pike**  
Metro | Calgary

As Edmonton and Calgary both look into adding more lowered speed limits in residential areas, the province says a blanket legislation approach isn't on its radar.

Advocates in the field like Jodi Morel with SlowDownYYC say it's a matter of cost for individual municipalities to move towards investing in lower speed signage. And a provincial mandate could save individual municipalities millions.

Coun. Druh Farrell told Metro the city has asked for a change in the Traffic Safety Act. But when Metro reached out to the province on the lower speed limits, they said it's not some-

thing they're pursuing.

"A provincewide approach to 40 kilometre speed limits in residential areas is not on the government's agenda at this time," said Graeme McElheran, spokesperson for the Ministry of Transportation.

"With that kind of grassroots approach that's already in place, for the province to come and tell Vulcan that they now have to do that, it's just not on the government's agenda."

Morel said call it grassroots, but it's an issue and the government's attitude means they haven't tuned in yet.

"This has come forward before and they've been able to duck out of it," Morel said.

She added she will begin to push for the changes provincially because it's a significant financial burden — at only one part of the solution when it comes to preventing crashes.

"If the province were to do it, that would allow all the municipalities to focus on spending the money on the infrastructure rather than buying signs and using up their budget that way."

## \$4.3M

The estimated cost of signage for Alberta municipalities to reduce speed limits in residential areas, according to a 2000 study. If the province were to do it the cost would be \$1.7 million.

According to a report before SPC on Transportation, Transit and Parking way back in 2000 a cost breakdown reflects that the revision of the "traffic and safety act" to 40 km/h and posting "collector" roadways with 50 km/h signs would only cost \$1.7 million. Doing a municipal overhaul of residential streets, however, would cost \$4.3 million.

Studies have shown lower speed limits in residential areas could help save lives. At 48 km/h, the fatality rate of a crash with a pedestrian is 45 per cent — at 32 km/h that risk drops to five per cent.

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# One charged in hate-graffiti

## TUSCANY CTRAIN STATION

### A man believed to be his accomplice is in custody

A man believed to be responsible for writing hate-motivated profanities against Syrians and Muslims on the wall of the Tuscany CTrain station last week has been charged, while a second man police believe to be his accomplice is in custody.

On Thursday, Dec. 3, at approximately 5:45 p.m., two men entered the Tuscany CTrain Station. Once inside, the men applied gold spray paint to four locations on both the upper and lower platforms of the station. A walkway ramp leading from the parking lot to the upper level platform and a southbound CTrain were also tagged.

A photo from the Tuscany station appeared on Twitter along with several others. One image from the station depicted the escalator, which had been sprayed in gold



These two men are believed to be responsible for the graffiti. COURTESY CALGARY POLICE SERVICE

paint, with the misspelled words: "F-K Syrea, Kill Muslims."

In addition to the damage within the station, five vehicles in the south parking lot of the Tuscany station were found to have graffiti messages spray painted on them.

All of the graffiti messages were of anti-Syrian and anti-refugee sentiment and CPS has classified this as a hate-motivated crime.

Following an investigation, with assistance from Calgary Transit, Miguel Lavergene, 30, of no fixed address, has been

charged with six counts of public mischief.

The Crown has yet to determine if hate charges are applicable in this case. Lavergene is scheduled to appear in court on Monday, Jan. 25, 2016.

A second suspect has been arrested and will also face

charges of six counts of public mischief. His name will be released once he has seen a Justice of the Peace and the charges have been confirmed.

The Calgary Police Service would like to thank the public and the media for their assistance. METRO STAFF

## CRIME

### Two assaults on women are connected: Calgary police

Police believe there may be a connection between two incidents of assault in the city's northwest.

Around 9 p.m. on Dec. 8, a woman was walking home from work, when a man approached her from behind near the intersection of 7 Ave and 12 St. NW. Police said the man sexually touched her, then fled west on 7 Ave and south on 14 St. NW.

The next day, at about 7:30 p.m., a different woman was jogging near the intersection of 21A St. and 14 Ave. NW. A man approached her from behind and put his arm around her, trying to block her from running away.

The victim did manage to run and call the police.

The man in the second incident is described as white, 40 to 60 years old and about 5' 9" with a medium build. He was wearing blue jeans and a beige sweater.

Anyone with information on either of these incidents is asked to call (403) 266-1234. METRO STAFF

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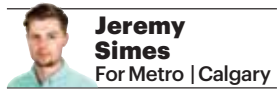
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## PARENT'S RIGHTS

# Family fights to keep girl on life support



**Jeremy Simes**  
For Metro | Calgary

A family fighting to keep their baby girl alive has accepted free services from two local lawyers.

Both Brendan Miller of Walsh LLP and Lindsey Mincher of Foster LLP are donating their services to Will Mammo and Anna Kotsyk, a Lethbridge couple looking to keep their daughter Her-

mella on life support for just a bit longer.

Hermella was to be taken off life support Thursday but, because the family was granted a temporary court injunction Monday, Hermella will be kept alive for the next month.

The family chose the lawyers based on a similar case they worked on in the past.

Mincher said she emailed Miller when the family put out a call for lawyers to offer free legal

services.

"He was thinking the same thing," she said. "So we thought we'd do it together."

Mincher's practice is generally of family law, dealing with custody and child protective services.

"I wouldn't want to be in the position they were in without any legal assistance," she said. "I think everyone needs some help sometimes."

Miller said he's dealt with similar cases, adding he's familiar

with constitutional issues that surround the rights of parents and children.

The lawyers have already obtained several relevant documents that are crucial to the case, Miller added.

Hermella was diagnosed at the age of two months with a rare form of cancer. She was treated for the cancer, but was declared brain dead after contracting a virus. The case is adjourned until Jan. 4.



Those caught on their phones, and doing other things deemed distracting, will be subject to a fine and the loss of 3 demerit points come Jan. 1. AARON CHATHA/METRO

## Distracted drivers to get demerits

## ROAD SAFETY

**Those texting behind the wheel will also pay \$287 fine**



**Lucie Edwardson**  
Metro | Calgary

Alberta drivers be warned: starting Jan. 1, demerits are coming for those distracted on their electronic devices.

Transportation Minister Brian Mason told reporters Thursday that the message isn't getting through and tougher sanctions are needed.

Starting in three weeks, anyone caught driving while distracted gets a \$287 fine and three demerit points against their driver's licence.

Staff Sgt. Paul Stacey said the Calgary Police Service welcomes the change in distracted driving legislation.

"You couldn't throw a rock without hitting somebody who's talking or texting on their phone while driving," he said. "We're hoping the demerits are the missing link that will reduce people's reliance on their phones while

they're driving."

Stacey said when the legislation was first introduced in 2011, CPS was pleased with the comprehensive idea that seemed like the answer to a growing problem. He said since the introduction of the law there's been an annual increase in tickets to Calgaryans.

"We've written over 30,000 distracted driving tickets since we started enforcing it in October of 2011," he said. "In 2015 we'll have written more tickets than we did in 2014, so we're hoping that with the demerits coming into play January 1, that 2016 will see a drop."

Metro previously reported on the how unfazed Alberta drivers were by distracted driving fines and how the province was pocketing nearly \$5 million dollars annually from the fines.

"There was no long lasting effect for the drivers," said Stacey. "They could simply pay a fine and then be done

with it, and a lot of drivers felt that paying the fine was just the price of doing business."

Provincially, close to 90,000 tickets have been handed out for distracted driving.

Distracted driving includes using hand-held phones, texting, emailing, reading, writing, grooming or typing in GPS co-ordinates while behind the wheel.

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# Making the city accessible to all

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**Mike Morrison**



A few weeks ago I met with Nabeel Ramji. He wanted to talk about "Accessibility for All Albertans," a project he's working on to make Calgary more accessible for those with disabilities. I was happy to meet him, but I didn't really know what there was to talk about.

Given that Calgary is seemingly such a new city, I'd assumed many accessibility issues were already taken care of. Well, we all know what happens when you assume something.

Over coffee, Nabeel talked about the countless barriers he and people like him face every day. Nabeel lives with cerebral palsy and spends most days in a wheelchair. We spoke about the lack of awareness of barrier-free design among building inspectors, architects and the general public. I both laughed (in disbelief) and cried as he talked me through a typical day. It's shocking how ill-

equipped the city is to cater to those with accessibility issues.

Even new buildings like 8th Ave Place, where we met, are lacking in the basics — things like clearly marked signs for elevators; or audible aids and signage to help the visually impaired with directions. The bathroom where we met on the +15 floor is all but impossible to open for Nabeel, and the stall doesn't fit his chair.

After our meeting, he returned to his office across the street, where he enters through the alley for a number of reasons. An older building, the front door entrance is right on the property line, making it impossible to include a barrier free door.

Adding to this, the bike lane barriers and traffic congestion force his accessible transportation vehicle to stop in the back lane, where there is a long-term construction project. All this leads to an embarrassing and very dangerous situation. Yet, he faces it every day. I couldn't do it. Could you?

Disabilities are hard to appreciate until you're directly affected. It's something I had



**Last week, several high-profile residents took part in an accessibility tour where they experienced firsthand what it was like to navigate Calgary with a variety of disabilities. Consider if you could maintain the same quality of life.** METRO FILE PHOTO

never really considered until meeting Nabeel.

By 2019, 200,000 adult Calgarians will be living with a disability that impacts their mobility. It could be me, or it could be you. Spend a day walking around your neigh-

bourhood and see if you could maintain the same quality of life with a disability. Are the sidewalks safe and well-built? Does your neighbourhood even have sidewalks? Do you think the CTrain works for those with mobility issues?

Could you still work at your job with a walker or wheelchair?

So what do you do with this information? Well, it's opened my eyes, and hopefully it's opened yours. I have a feeling you'll be hearing a lot from

Nabeel in the coming weeks, months and years, and others like him with a passion to make a difference around accessibility. All people deserve to live a life with dignity, respect, and accessibility. Today, and every day.

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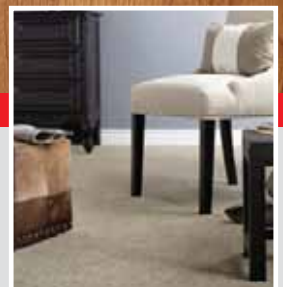
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# A Christmas card drive for homeless

## PHILANTHROPY

### Calgary woman aims to bring cheer to less fortunate



**Helen Pike**  
Metro | Calgary

No matter where you are, even if you've moved, you can bet St. Nick will find you and deliver gifts — but if you've fallen homeless the thought of opening a gift, or even a Christmas card, can seem like a faraway dream.

A Calgary blogger is hoping

her initiative to send Christmas cards to the homeless will put a smile on the faces of the less fortunate this holiday season.

"This is a home, the Drop-In Centre is a home, for these people who really have no home to speak of," Barb Marshall said. "I wonder when the last time these people would have had anything good come in the mail, let alone even receive any mail, because, of course, they don't have a permanent home address."

Marshall advocates for everything hand-written. She said cards and hand-written letters can be few and far between for some people, yet they invoke vivid memories and meaning, especially in this digital age.

## + WRITE HERE

To help by sending a card, mail it to this address:

#MakeltMerry Project  
P.O. Box 96107 West Springs  
Calgary, AB,  
Canada  
T3H 0L3

"For those who have cash to give it is easier to pull out a \$20 bill than to take the time to sit down, with a pen, and write something, and I think because it's less easy it's more meaningful ... there's something about seeing a real-live person's handwriting written

to you ... somebody actually cared," Marshall said. "It's all the more meaningful."

Debbie Newman, Drop-In Centre executive director, said people don't realize what effect small actions like holding a door, smiling at a stranger and even delivering a card can have on someone's day.

"It's something that I think would be extremely important to the people here," Newman said.

For her initial goal, Marshall is hoping to get more than 80 letters to give to the seniors' centre, with any leftover cards rolling over and into other clients at the Drop-In Centre.

"I'm hoping for a lot more than 80," Marshall said.



**Barb Marshall is hoping for mountains of cards for Calgary's most vulnerable this Christmas.** JENNIFER FRIESEN/METRO

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## HEALTH CARE

### Fire Chief upset over AHS driving policy



**Jeremy Simes**  
For Metro | Calgary

Calgary Fire Chief Steve Dongworth said it's a disgrace Alberta Health Services (AHS) isn't budging on changing a dated policy that puts firefighters in the back seat.

In many cases, Dongworth said, firefighters will be on scene ready to drive, but are told to wait for another paramedic to arrive on scene and drive the ambulance.

"These are critical calls," he said. "We are usually there first and medics need a driver to drive the ambulance to the hospital."

The policy, which Metro ob-

tained Tuesday, said firefighters aren't allowed to turn on sirens when they drive ambulances.

But for Dongworth, the issue lies in instances where firefighters are ready to drive, but wait because it's preferred another paramedic drives the ambulance.

"This is wrong," he said. "I've tried to resolve (this issue), but there's just no budging by (AHS)."

Darren Sandbeck, chief paramedic with AHS, said paramedics are familiar and trained with ambulance equipment.

"Our goal here is to operate as safely as possible," he said. "For us, that means having our staff operating our vehicles."

Dongworth said fire crews are more than capable of driv-



**Fire Chief Steve Dongworth**  
METRO FILE

ing ambulances — they have all the credentials needed.

Sandbeck reiterated paramedics and patients in the back of the ambulance must have the safest ride possible.

The policy dates back to when the city was in charge of EMS, but Dongworth said it's time for change.

"I think it needs to change and it needs to change quickly," he said. "I think we can provide a better service."

Sandbeck said AHS is looking to review the policy and discuss it with all stakeholders to evaluate the "most appropriate role" in patient transportation situations. He said results from those discussions should come in early 2016.

Dongworth said he welcomes the discussion, if it proves fruitful.

"If it leads to a change to allow firefighters to drive EMS units, I would welcome it," he said.

## IN BRIEF

### Steps taken to remove contentious article: Editor

The editor of the Calgary Herald testified Thursday that steps were taken to remove from the web a contentious article that led to a lawsuit by former television journalist Arthur Kent.

Lorne Motley said the Herald's parent company, Postmedia, attempted to suppress the 2008 column written by Don Martin on its websites as well as in its Infomart archives after Kent filed his suit and demanded the article be taken down.

"The story should be very difficult to search or call up," Motley told a defamation trial Thursday.

THE CANADIAN PRESS

### Two children struck by car in Rocky Ridge

Two children were taken to the Alberta Children's Hospital early Thursday after being struck by a vehicle in the city's northwest end.

According to a statement from Calgary EMS, the children, between the ages of 11 and 14, suffered minor non-life-threatening injuries.

It's believed the incident occurred on Rocky Ridge Close and Rocky Ridge Boulevard NW Thursday at around 7:40 am.

EMS has no further information and said it isn't sure of the nature of the relationship between the children.

METRO



# Out of war, into a classroom

## REFUGEE CRISIS

### Syrian researcher has U of A position

**Alex Boyd**  
For Metro | Edmonton

Ghada Bachour was sitting in the front row of the bus when it was stopped by a group of men with guns.

She was headed to the University of Aleppo, where she worked in Syria's largest city as a pharmaceutical sciences researcher, when men wearing black headbands boarded the bus and demanded everyone's identity cards. They soon returned all the cards, except hers.

"They asked me to get off the bus and told me that, next time, I should sit in the last seat and wear a hijab," Bachour says, via email.

They also told her they'd come back and hurt her.

Today, Bachour tells the story from her new office at the University of Alberta, a world away from the men on the bus and the university where she taught for over 20 years.

She arrived in Edmonton in September thanks to help from the Scholar Rescue Fund, a program run by the U.S.-based Institute for International Education.

The University of Alberta agreed to jointly fund the program in 2013, and Bachour is the second academic to come to Edmonton through that funding.

Last year, Abdul Ghafoor Al-Shehaby, a researcher in aerospace engineering arrived in Edmonton from Aleppo. Both are able to stay for a one-year term, with the option to renew for a second.

In recent years, Aleppo has become an increasingly violent frontier in the country's civil



**“It wasn't hard to adapt to the university at all thanks the help of the university ... They've created the best working conditions for me.”**  
Ghada Bachour

**After violence at the University of Aleppo, pharmaceutical researcher Ghada Bachour finds refuge at the U of Alberta.**

KEVIN TUONG/FOR METRO

war. Bachour was on campus for the first day of exams in January 2013, when explosions next to the school's residences killed at least 82 people.

The University of Alberta helped both with immigration paperwork and finding a place to live. While their immigration status doesn't allow them to work as full professors, both

**“This is helping a colleague in need, and that is what colleagues do”**

Britta Baron

are collaborating on research with local academics.

"It wasn't hard to adapt to the university at all thanks the help of the university — especially the dean of the faculty and the head of the department," Bachour says.

"They've created the best working conditions for me."

Britta Baron, vice-provost and

associate vice-president (international), hopes the U of A will serve as an example to other Canadian universities. "There's a collegial responsibility to reach out to colleagues that are in such precarious situations, as these people are," she says.

"This is helping a colleague in need, and that is what colleagues do."

## INSURANCE

### Uber stands by coverage

**Ryan Tumilty**  
Metro | Edmonton

Despite repeated concerns about its insurance coverage, Uber said this week it has a company policy that's been tested multiple times throughout Edmonton.

The company's Alberta general manager, Ramit Kar, said the company has a contingent policy with AIG Insurance to cover its drivers — if the driver's own policy will not cover a claim in the event of an accident while driving for Uber.

"We do over a million rides a month in Canada, and in every single instance it has worked the way it is supposed to," Kar said. "Our insurance has worked the way it was intended to every single time."

The Insurance Bureau of Canada and several taxi advocates have questioned whether Uber drivers are covered if they are working for the company.

Kar explained that when incidents happen, the first line of insurance is the driver's policy, but the company's is there as a backup. "It would go through the driver's policy first and then it goes through ours."

Still, despite offering new details about Uber's insurance arrangements, Kar would not release details on the number of incidents in Edmonton or Canada. He said the company is also optimistic about a city bylaw, set to return to council in the new year.

Councillors passed second reading of the bylaw in November, but asked for more work from city staff before giving the bylaw third and final reading.

Kar said the fees for Uber drivers the city proposed would have been far too high to make the service economical, but he's optimistic that will change.

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## TRANSIT

# Green Line funding vote not unanimous



**Brodie Thomas**  
Metro | Calgary

With nine councillors and the mayor putting their names on a Green Line Motion to go forward Monday, council is putting forward a fairly united front on the issue.

But it's not unanimous.

Five councillors have reservations about how the city will

fund its share of the project.

The motion calls on the city to set aside \$52 million in provincial tax room annually for 30 years to come up with \$1.56 billion.

Coun. Sutherland said he wants to look at the budget more to see if this is the only way to fund the project. He also would like to see the province commit to their share of the project before they go ahead.

Coun. Jones echoed that

second sentiment. The federal government has committed and he wants the province's commitment as well.

He also has concerns about the city putting all its eggs in one basket on such a big project.

"There's so many projects to be done in this city and, if they could phase that project out over years I'd feel a lot more comfortable," said Jones.

Coun. Pootmans is all for building the Green Line. He's

just not convinced property tax is the fairest way to pay for the project.

"I'll be looking for other taxing mechanisms other than property tax — so the people being taxed for it are all in the realm of the transportation business," said Pootmans.

For Coun. Chabot, the lack of a concrete plan, especially in the central and north parts of the city, leaves him skeptical of the price tag, too.

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**YEAR END COUNTDOWN**



**Mount Royal University student Karlee Cooper is in her first year of the broadcast diploma.** CONTRIBUTED/BRYAN WEISMILLER

## Mount Royal switches gears

## EDUCATION

### Broadcast degree to replace two-year diploma



**Helen Pike**  
Metro | Calgary

Coming to the airwaves, television and Internet near you is a new broadcast media major.

Starting in the fall of 2016, Mount Royal University will be offering a new four-year Bachelor of Communications Broadcast Media Studies major. The revamped program will replace the school's current two-year diploma program.

"Industry asked us to do so, we have 30 letters of support from industry, association groups, and individuals — some of them really high profile," said Marc Chikinda, dean of the Faculty of Communication Studies.

"Peter Mansbridge has endorsed what we're doing, people from CTV, Bell Globemedia... a broad group of people are saying our students need more now than can be offered in a diploma."

The school was given permis-

sion a few months ago from the government of Alberta and Ministry of Advanced Education to add a fourth major under the Bachelor of Communications degree.

The broadcasting diploma, which has been taught at MRU since 1961, is now being phased out. Because of their history in teaching broadcast Chikinda said the new degree will build on faculty and expertise they already have in house.

Karlee Cooper is in her first year of the diploma program and said she loves it.

"I'm super excited about it, going in I chose Mount Royal because I think the degree program will open a lot of opportunities," Cooper said.

"It's good to have, especially for me, because I'm not sure exactly what I want to do yet, so ending with that communications degree majoring in broadcasting I think sometimes looks a lot better and gives you a lot more opportunity."

Chikinda said the industry is now asking people for greater credentials, especially at the management level — something they couldn't offer students with a broadcasting diploma. MRU is the only university in Canada besides Ryerson to offer this type of major.



**Peter Mansbridge has endorsed what we're doing, people from CTV, Bell Globemedia ... are saying our students need more now than can be offered in a diploma** Marc Chikinda





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# Calgary creation is Christmas in a cup

## READERS' CHOICE

### Hot chocolate a little taste of childhood

Jennifer Friesen

Laura-Lee Lindstein packed her life up and moved to the prairies three years ago — but every Christmas she brings a little bit of her childhood to Calgary.

Back home in Ottawa, her mom would make all the Christmas goodies from scratch, from gingerbread houses to hot chocolate, and now, Lindstein does the same with her peppermint white hot chocolate.

"It's all because of my mom," she said.

"She went above and beyond at Christmastime, and that inspired me to keep it going. I don't really have any family here — it's just me and my fiancée — so it's nice to bring

## + LAURA-LEE'S TIPS

1. "Use a really high-quality chocolate. It makes a huge difference. I really like the white chocolate chunks from Bernard Callebaut."
2. "It doesn't taste the same without having whipped cream, so definitely get the topping."
3. "Use heavier milk or cream. Just using two per cent doesn't cut it. It tastes watery if you make it with a low-percentage milk."



some of my childhood memories here."

Lindstein always loved experimenting with chocolate and candy-centred concoctions, so during the holidays she said hot chocolate is the perfect playground.

She pulled together recipes from five different food blogs, fiddling with the ingredients until she had it just right. Now,

with the candy cane rim and carefully selected Bernard Callebaut white chocolate, she said it's a flawless choice for special occasions.

"It just makes it feel like Christmas," she said. "It's easy to get too overwhelmed with what's going on around the world, so it makes me slow down a bit and appreciate the season."



Laura-Lee Lindstein, left, has only been making her peppermint white hot chocolate for the past two years, but she says it's a tradition that will last. JENNIFER FRIESEN

## PEPPERMINT WHITE HOT CHOCOLATE

### INGREDIENTS

4 cups whole (heavy) milk or cream  
1 pound white chocolate, finely chopped  
2 teaspoons peppermint extract  
6 candy canes  
Aerosol whipped cream  
Small amount of honey

### DIRECTIONS

1. Brush honey lightly around the edge of four clear glass mugs.
2. Crush two candy canes in a Ziploc bag, put crushed candy cane on a shallow plate and dip the rim of the mugs in the candy cane.
3. In a medium saucepan over medium heat, heat the heavy milk or cream until

it's almost to a boil.

4. Remove from heat and whisk in the chocolate and peppermint extract until the chocolate is melted (about two minutes).
5. Pour into mugs and serve with a candy cane for stirring.
6. Use aerosol whipped cream to top the hot chocolate and sprinkle more crushed candy cane on top.

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2015	CAMARO 2LT	52119	\$40,440	\$30,198	\$10,242
2015	CITY EXPRESS CARGO VAN	58003	\$28,255	\$21,998	\$6,257
2015	CITY EXPRESS CARGO VAN	58004	\$29,410	\$22,761	\$6,649
2015	CITY EXPRESS CARGO VAN	58002	\$28,740	\$22,298	\$6,442
2015	ENCORE FWD	59425	\$30,435	\$24,198	\$6,237
2015	ENCORE AWD, 1SB	59418	\$32,340	\$25,598	\$6,742
2015	ENCORE AWD, 1SD	59421	\$36,405	\$27,107	\$9,298
2015	ENCORE AWD	59427	\$32,340	\$25,598	\$6,742

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2015	SILVERADO HD 1LZ 4X4 DBL	55001	\$65,605	\$47,098	\$18,507
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**LOCAL CRIME****Man wanted on warrants for domestic offences**

Calgary police are asking for help from the public to locate a man who is wanted in connection to multiple domestic offences.

Noel Antonio Reinosa, also known as Noel Reinosa-Carreno, has warrants issued for his arrest in connection with an assault, uttering threats, and breaches of court orders.

He is not believed to be a danger to the public; however, police need to locate him. Reinosa is described as a 22-year-old Hispanic male, 5-foot 7-inches in height, with a medium build, brown eyes and black hair.

Anyone with information on Reinosa's whereabouts is asked to call the Calgary Police Service at 403-266-1234. METRO STAFF

**Police seek suspect in September bank robbery**

The Calgary Police Service Robbery Unit is asking for public assistance to identify a suspect in a September bank robbery.

On Tuesday, Sept. 1, around 7:15 p.m., a man entered the TD Canada Trust on the 3000 block of 17 Avenue S.E. Once at the teller, he produced a robbery note and was given an undisclosed amount of money. The man fled the bank on foot.

The man is described as Caucasian, about 28 years old, between 5-foot 10-inches to 6 feet tall, with a medium build, and was wearing a grey hoodie, a dark baseball cap, black pants, running shoes and black-framed prescription glasses.

Anyone with information about the incident is asked to contact the Robbery Unit at 403-428-8787. METRO STAFF



**Premier Rachel Notley wants to "get it right" on the royalty review**, and because of this, the results of the review will be delayed until January 2016. CANADIAN PRESS FILE

# Province delaying oil royalty review results

**ENERGY SECTOR**

## Panel to see if Albertans are getting fair share of profits

Alberta's highly anticipated review of its energy royalty regime has been delayed until the new year.

Premier Rachel Notley had promised that a panel report on the issue and the government's response to that report would be out by the end of

December.

But Notley said Thursday her government wants to take more time to make sure it gets its response right.

"The delay is relatively small because we know that people are looking for the outcome sooner rather than later," Notley told a news conference.

"We are committed to delivering it as soon as we can, but we want to be sure that we get it right, that we don't kick something out the door that's not ready."

A panel headed by ATB Financial President Dave Mowat

**"We want to be sure that we get it right."**

Premier Rachel Notley

is reviewing aspects of the royalty regime to determine, among other things, whether Albertans are getting a fair share of the profits. It fulfills a promise made by Notley during the NDP's successful election campaign in May.

But the review has brought

a heightened unease to an oil-patch sector grappling with thousands of layoffs due to the worldwide plunge in oil prices.

The benchmark West Texas Intermediate price for oil has dropped to \$40 US a barrel from \$100 US a barrel in mid-2014, taking with it the lion's share of provincial revenues.

Alberta is set to run a \$6.1-billion deficit this year.

Notley said they have already started getting preliminary results from Mowat's team and their response will take into account the tough times in the oilpatch. THE CANADIAN PRESS

**REACTION**

## Kids in court care 'a crisis': Professor



**Jeremy Simes**

For Metro | Calgary

The length of time kids in temporary care get shuffled around in court is a crisis, according to Mount Royal University professor Caroline McDonald-Harker.

Her comments come on the heels of recent recommendations by the Office of the Child and Youth Advocate Alberta (OCYA).

The office recommends the Ministry of Human Services and the Ministry of Justice and Solicitor General undertake a review of court delays for children in temporary care.

The recommendations were first made in March 2014 via a January 2014 report — titled Seven-year-old Jack — that found a boy, who the report named "Jack," had spent four-and-a-half years in the court system.

Jack — whose parents struggled with addiction — drowned in a swimming pool, after he was sent to a group home. Before that, he was in a foster home. He was angry, confused and in much distress.

McDonald-Harker said kids in temporary care embattled by the court system will likely face resiliency issues in when they grow older. "It's a crisis," said McDonald-Harker, whose research deals with how kids are impacted by traumatic events. "And I think everyone needs to collaborate so these kids aren't in the court system for as long as they've been."

In 2014 and 2015, The OCYA said the ministries haven't indicated they plan to collaborate to undertake a review of court delays for children in temporary care.



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What started as an ember of an idea has grown tremendously over the years, Shaw creative director Carmen Salerno said of the fire log. SHAW

# Famous fire log keeps on burning

## POP CULTURE

### Fire-starter's identity still top secret



**Andrea Ross**  
Metro | Edmonton

A few things have changed since a mysterious, flannel-sleeved arm first stoked the embers of the Shaw fire log almost three decades ago.

High-definition production has made the flames a little brighter and the crackle of the burning wood a touch crisper.

The log is now on social media, with more than 12,000 followers on Twitter. It tweets puns and fire jokes aplenty. "I decided to try #crossfit this year. I could really feel the burn," it tweeted on Dec. 10.

Around 9,000 people have downloaded a smartphone app to watch its flames on the go. The app also lets users rub

smoke from their screens and clear embers from the fire.

But the identity of the man in the flannel shirt — the same man whose arm viewers have watched tend the fire for some 30 years — remains a mystery.

"We can't say, that's a closely guarded secret," Shaw creative director Carmen Salerno said. "He's just a very humble individual. He knows he has a very important task and he sort of shies away from the camera."

"He's just incredibly adept at starting a fire." The cable company's annual Christmas tradition was first sparked in Edmonton in 1986 as a way of filling airtime when staff left for the holidays.

Today, the beloved televised fire still warms the living rooms of millions of Canadians.

Last year, Shaw decided to record a new fire for the first

time in about 10 years. The location was a quaint cabin in North Vancouver, which featured a 100-year-old fireplace with floor-to-ceiling stone.

"We saw it and thought, 'this, honestly, is perfect. This is worthy of the Shaw fire log,'" Salerno said.

The burning log concept hasn't changed since its beginnings in an Edmonton fireplace, and Salerno said he expects the new footage to be used for years to come.

But next time they film a new fire, it'll be the same, unnamed man ensuring its flames don't fizzle out.

"He's a bit of a woodsman, he just loves the outdoors and it's something he wants to continue to do," Salerno said.

"I guess when you find something you love, why would you want to replace it?"

**“He's just incredibly adept at starting a fire.”**

**Carmen Salerno of Shaw, on the fire log stoker**

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# Sugar Bum Fairy a cheeky fundraiser



**Aaron Chatha**  
Metro | Calgary

The Sugar Bum Fairy isn't a traditional tree-topper, but Western Canada High School student Montserrat Videla hopes the tree brings as much happiness to someone in need as it brought her to create it.

The school is donating 10 fully decorated trees to mothers fleeing domestic violence.

"When you're fleeing a situation like that, or going through something that awful, it's really, really easy to feel even worse during the holidays," said Videla. "Having even just a little thing like a Christmas tree, and knowing that you're not by yourself, is important."

Videla said the Nutcracker's Sugar Plum Fairy inspired her group's tree. They added purple bulbs for plums, and macaroons and Laffy Taffy for sugar.

"At the top we have a fairy whose butt is a plum, so we're



**Montserrat Videla stands with her tree, a fun take on the Nutcracker's Sugar Plum Fairy, which she hopes will bring happiness to a mother in need.** JENNIFER FRIESEN / FOR METRO

called the Sugar Bum Fairies, to be a little 'cheeky,'" she said.

This is the fourth year the high school has partnered with the Brenda Strafford Centre to donate trees and raise money through candy grams and donations.

Last year the school raised more than \$2,000 said Michelle Price, learning leader for community engagement at the

high school. She hopes they will raise the same this year.

Although the project began with Price's leadership students, she said she's happy to see students of all different cultures and backgrounds come together for the project.

"I'm really proud to see the community come together for something that's outside themselves."

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John Jackson, left, and the Alley Burger crew have a permanent spot in East Village. CONTRIBUTED

# Chef keeps on truckin'

ALLEY BURGER

## Gourmet fare now served in the Simmons Building

**Jeremy Simes**  
For Metro | Calgary

It just made sense for John Jackson to sell the food truck and move into a permanent spot.

Jackson, co-owner of Alley Burger, moved the burger joint into the Simmons Building about two months ago.

Before that, the company operated in an alleyway behind Charcut, which he also co-owns.

"It's always been an idea

that's kind of evolved," he said. "So far it's been great."

He said they would sporadically operate out of the location when deemed fit. Now, they're open Mondays, Tuesdays and Wednesdays for a couple of hours over the lunch hour.

"We've seen quite a few people, considering it's not the most convenient area," he said. "And in the summer we're looking to expand it."

He said the former food truck is likely being used by another food vendor.

The gourmet burgers still sell for \$6 a pop, and are made from local natural pork and roasted garlic sausage patties.

And, for good measure, Jackson said it still has that back-alley flare. "It fits pretty good in that location," he said. "It's still in an alleyway."

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## Filmmaker still works 9-to-5 job

MOVIES

### His first production focuses on ... himself

Though it may sound deviant, Jean-Pierre Marchant had to wander from the straight path to feed his inner creative soul.

Marchant's short film — titled *Visions Of An Imperfect Mind* — delves into such wandering, and has begun screening at Arts Commons Gallery of Alberta Media Arts.

The film explores Marchant's own struggle to sustain his dreams of becoming a filmmaker, as the suppressing forces of working a full-time office job engulf the majority of his time.

"I try to do as much filmmaking stuff as I can on the side," said Marchant, who was born and raised in Calgary but now lives in Lethbridge.

"It's challenging — it takes a lot of energy to do creative stuff after working many hours."

Marchant said it's easy for people to just "tune out" after clocking out of their day job at 5 p.m., and watch endless amounts of television.

He said he was once was that person, and his dreams slowly began to vanish, the more he sat and did nothing.

Working in an office setting didn't help either, he added.

"Primary purpose of oil and gas is product and making money," he said. "It's hardly creative, unless you're in marketing department, maybe."

He said he had to venture into the arts community to find inspiration and, once he



Jean-Pierre Marchant, here framed artistically, is the lead in the movie. CONTRIBUTED

did, he learned all he needed to do was "just do it."

"I really got out of my comfort zone," he said. "And it really got these creative juices flowing."

"It really comes down to motivating yourself."

Though he's begun to enter the world of film, Marchant said he still occasionally doubts himself.

"Insecurities will never go away for anyone who does these kinds of films," he said. "Some hide it better than others."

Marchant said his next project is to make a feature film, though he isn't quite

sure yet what it'll be. In a perfect world, he said, he hopes to create a feature film that'd do well enough so he could tour film festivals.

"I'd be able to quit my nine-to-five job and be a filmmaker," he said. "That doesn't mean I want to throw in the towel (with oil and gas) — I'm not willing to."

The film plays until Feb. 29, and an artists reception will be on Feb. 29 from 6 to 9 p.m. at Upper Centre Court.

JEREMY SIMES/FOR METRO



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## HEALTH

# Province urges more to get flu shots

Alberta health officials say not enough people are rolling up their sleeves for a free flu shot.

Dr. Gerry Predy, senior medical officer of health, said so far this season more than 950,000 doses of flu vaccine have been administered.

He said that's a good start, but thousands of people remain without protection.

As of last Saturday, the province has reported 66 cases of influenza, including 19 people

who had to be hospitalized.

Flu activity in Alberta is listed as sporadic with most cases in the southern half of the province.

Dr. Martin Lavoie, Alberta's acting chief medical officer, said some people could be complacent about getting immunized because the vaccine last

year was not very effective in preventing the most prevalent strain of the flu at the time.

He said such thinking would be a mistake.

"If you don't get the vaccine, you don't get protected," he said Thursday. "This year, all indications are that the vaccine will be effective."

The unseasonably warm

weather this fall could also be a factor, he added.

Lavoie said the number of flu cases could increase and peak in the coming weeks. The Alberta government hopes 40 per cent of people will get immunized this season.

The latest Public Health Agency of Canada report says flu activity across Canada in the last week of November was significantly lower than previous seasons. THE CANADIAN PRESS

## 30%

Only 30 per cent of Albertans received the flu shot last season.



Forest Lawn High School students got some professional feedback from the Alberta Ballet. AARON CHATHA/METRO

# Nutcracker by students

## BALLET

## Forest Lawn school mounts own rendition

**Aaron Chatha**  
Metro | Calgary

It's an en pointe battle of mice and soldiers – full of perfectly practised passés, pirouettes and pas de bourrées. After months of hard work, and a little help from the Alberta Ballet company, the students at Forest Lawn High School perform their rendition of The Nutcracker this week.

The school applied and won a grant to see an Alberta Ballet production, and for dancer Nicole Caron to visit the schools and give students tips on their own version of The Nutcracker.

"It was really interesting to get tips on acting and stage presence – and how to communicate with the audience,"

said Ivy Padmos, who plays the gipsy, snowflake and Chinese tea in the ballet.

Ballet teacher Kelsey McMahon-Stoker said the ballet production has brought together all aspects of the school – from construction of sets to fashion students designing costumes. It's an opportunity not always available to students.

"For kids in our community, it's typically seen as a white, high class, expensive activity," said McMahon-Stoker. "These things costs money, but at our school, it's free. We reinforce the fact that dance, and all performing arts, is for everyone."

McMahon said that no matter what her students race or economic background, everyone was able to take part and bond with the production.

"It's kind of rare, at this school, to be in something like ballet," said Avhi Sahni, who plays the Rat King. "Usually ballet as a dance form, it seems a little inaccessible, because, historically, the cost."

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## SCHOOLS

# International trips take another blow

Another Alberta school board has cancelled international student field trips over concerns about recent terror attacks.

The Black Gold Regional Division says that after conferring with parents all international student field trips are cancelled until Aug. 31, 2016.

The board of education says while some students and parents will be disappointed, the safety of students and staff cannot be put at risk.

The Black Gold division

south of Edmonton has about 10,500 students enrolled in 30 schools.

On Monday, the Edmonton and Calgary Catholic school districts cancelled all their international trips for the rest of the school year over safety concerns.

The Edmonton and Calgary public boards have put such trips on hold and are expected to make decisions on whether to cancel them before the end of the month. THE CANADIAN PRESS



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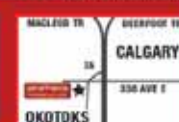
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## From the mouths of babes

"Welcome to Canada!"

That's the message Canadian children are sending Syrian refugees coming into the country this week in a heartwarming video released by World Vision.

"There's something so overwhelming and touching in seeing how kids respond to the idea of people being forced to flee their country," said Hugh Brewster, national manager for Canadian programs at World Vision.

In several languages — including French, Spanish, Arabic and others — the children welcome refugees their own age with messages of friendship and advice for life in their newfound Canadian home.

"Everyone likes Canada because we have all four seasons," adds one boy, posing in front of a hockey net.

The welcome messages were collected via email and World Vision put the video together in two days, Brewster said.

He said many children expressed that they felt their job was "to make them feel welcome, to ask how you can help, to sit next to them in the cafeteria, to invite them on the slide with you." TORSTAR NEWS SERVICE



**Children from across Canada welcome their new Syrian neighbours.** YOUTUBE



**Mazan Khabbaz, centre left, a refugee from Syria, is embraced by a well-wisher as he arrives with his family at Toronto's Pearson Airport, on Wednesday. As many as 163 more Syrians lined up at the Beirut airport Thursday to board a military plane that would bring them to Canada.** CHRIS YOUNG/THE CANADIAN PRESS

# Canada welcomes first 163 Syrian newcomers

## IMMIGRATION

## Liberals work with sponsors to bring 25K refugees over

With suitcases stacked on luggage carts and blue bags full of info from government agencies on top, 163 Syrians lined up at the Beirut airport Thursday to begin the long journey to Canada.

They boarded a military plane as the vanguard of 25,000 refugees the Liberal government wants to bring to Canada by the end of February.

Photos taken by the Canadian Forces at the airport point showed a mix of men and women, teens and young children, some being offered teddy bears by Canadian officials.

The flight left Beirut to travel to Germany, where the military Airbus was to stop for refuelling and a change of crew before heading on to Toronto.

All of the Syrians on board Thursday are being sponsored by private groups, many of whom had filed the paperwork months ago in order to bring in some of the estimated 4.3 million Syrians displaced by the ongoing civil war in that country.

But the sponsors will have to wait a while longer before they personally greet the new arrivals. The first Canadians the Syrians will meet upon landing at Toronto's Pearson airport will range from, perhaps, the prime minister, to a team of civil servants and border officers who will complete the final pieces of paperwork required.

From there, 116 will head to new homes in the Toronto area. Another four will go to Windsor, Ont. Sponsors in Kelowna, B.C., will welcome four, three will go to Coquitlam, B.C., and one to New Westminster, B.C. Twenty are bound for Calgary, Alta., and the final 15 to Ed-



**We have great hopes for the success of this group of people that are arriving and their families as they build their new (homes) here in Canada.**

Arif Virani

monton, according to statistics released by the Immigration department.

A second flight is set to arrive in Montreal on Saturday.

"We have great hopes for the success of this group of people that are arriving and their families as they build their new home here in Canada," said Arif Virani, the parliamentary secretary to the minister

of immigration.

While Syrian refugees have been arriving with some regularity since the Liberals were sworn into office on Nov. 4, they've arrived on commercial flights. Thursday sees the first government aircraft return from a deployment specific to a program that began as a Liberal promise months ago.

THE CANADIAN PRESS



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# Child-care costs vary wildly, report reveals

A new report says child-care costs have increased across the country, but some regions are feeling the pinch much more than most.

The study by the Canadian Centre for Policy Alternatives tracks the price of child care across 27 Canadian cities and three age groups — infants, toddlers and preschoolers.

Child-care fees were highest in Toronto across the board, with parents facing median

costs of more than a thousand dollars regardless of what age group their children fall in.

Quebec marks the other end of the spectrum, where government policies have capped child-care fees and set the median cost at \$174 a month across all age groups.

The study also found that space in regulated child-care facilities was hard to come by in every city and lengthy waiting lists were common.

**“It’s very much an accident of birth as to whether (parents) can find affordable child-care or not.”**

David Macdonald

The report by the CCPA — a think-tank that describes itself as a “progressive voice” in public policy debates — says the numbers suggest the need for all levels of government to get involved and invest in a more affordable child-care system

nationwide.

Senior economist and report co-author David Macdonald said the variation among regions is both striking and concerning.

“It’s very much an accident of birth as to whether they can find affordable child care

or not,” Macdonald said in a telephone interview. “One of the starkest differences is in Ottawa ... You pay five times more for the same preschool space one kilometre away in Gatineau compared to in Ottawa.”

Cost variations are not always so starkly illustrated, but the centre’s report suggests that fees cover a broad spectrum across the country.

Median costs for infant care

in Toronto, which equal \$1,736 a month, are noticeably higher than they are in second-place Newfoundland and Labrador which still charges a hefty \$1,400.

Variations also exist among cities that place limits on the prices parents must pay.

Quebec is not alone in capping child-care costs for families, as similar measures exist in Manitoba and Prince Edward Island. THE CANADIAN PRESS



**NOBEL PRIZE NATIONAL TREASURE** The 2015 Nobel physics laureate professor Arthur B. McDonald, left, of Canada receives his award from King Carl Gustaf of Sweden during the 2015 Nobel prize award ceremony in Stockholm Concert Hall. JONAS EKSTROMER/ SWEDEN OUTJONAS EKSTROMER/AFP/GETTY IMAGES

## IN BRIEF

### ISIL cyberattack on plane unlikely: Transport Canada

The prospect of a terrorist cyberattack on an airplane struck federal intelligence analysts as more pie-in-the-sky than a real possibility, newly released documents show.

The modern airliner’s reliance on digital flight-control systems make some believe planes are vulnerable to malware that could be uploaded either online or through a direct connection, notes an assessment by Transport Canada. THE CANADIAN PRESS

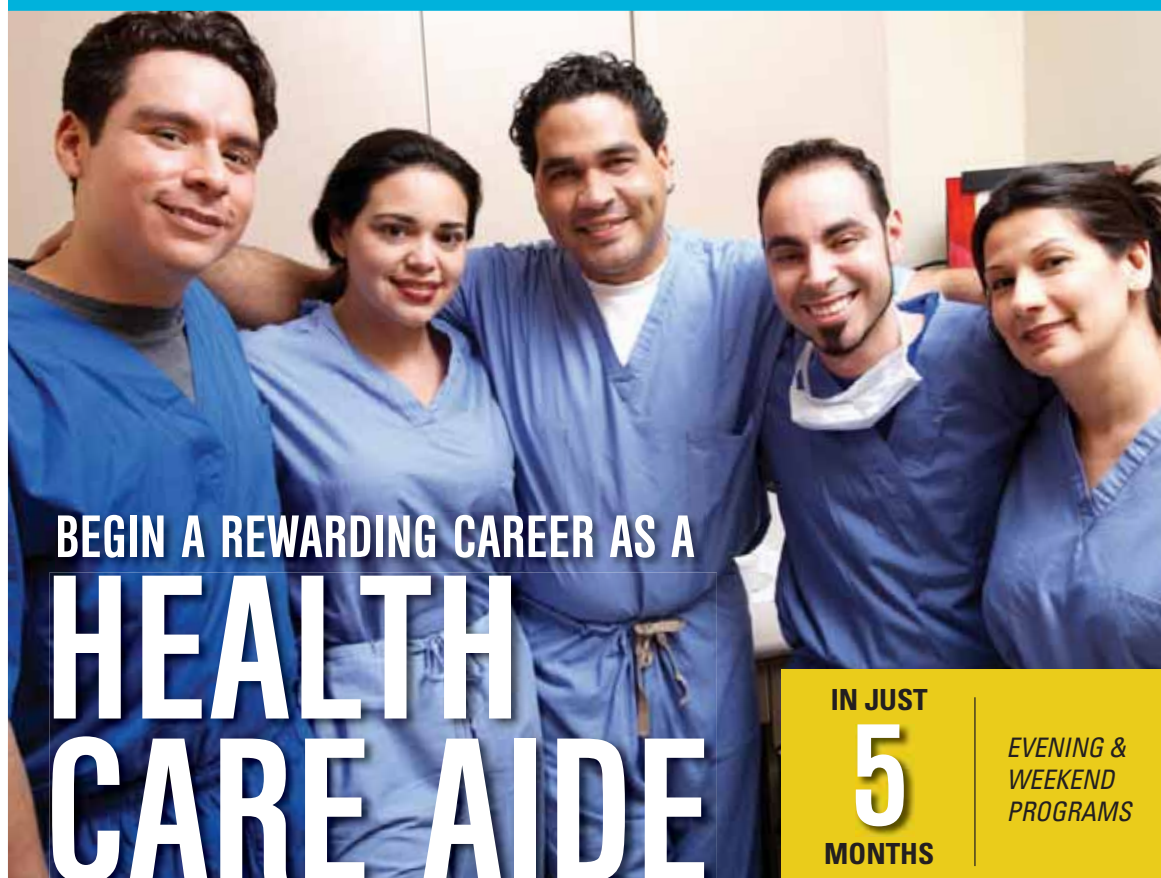
### Privacy commissioner sees record number of breaches

Canada’s privacy watchdog says federal agencies must put more rigorous safeguards in place to protect sensitive personal information — especially when that data is on an easy-to-lose memory stick.

In his annual report tabled Thursday, privacy commissioner Daniel Therrien underscored a record-high number of federal government data breaches disclosed to his office. THE CANADIAN PRESS

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U.S. presidential candidate Donald Trump speaks in Columbus, Ohio. He has said he shelved a trip to Israel in order to not pressure President Benjamin Netanyahu. THE ASSOCIATED PRESS FILE

# Trump postpones journey to Israel

UNITED STATES

## Candidate says he'll make trip 'after I become president'

Republican Donald Trump has scrapped a planned trip to Israel, saying he will reschedule "at a later date after I become President of the U.S."

Trump tweeted Thursday that he is postponing the trip, which had become problematic for Israeli Prime Minister Benjamin Netanyahu. Viewed as a Republican Party supporter, Netanyahu's position became risky after Trump called for keeping Muslims from entering the U.S. and making controversial comments to a Jewish group.

Trump told Fox News there were many reasons he decided to hold off on a trip, among them that he didn't want to put Netanyahu in a bind.

"You know, he said, 'We have

a meeting,' and he looks forward to the meeting and all of that," Trump said. "But I didn't want to put him under pressure, No. 1. I also did it because I'm in the midst of a very powerful campaign that's going very well and it was not that easy to do. So I would say lots of different reasons."

candidate, who has maintained a wide lead in most early polling, sparked criticism among many American Jews last week after speaking to a gathering of Jewish donors. He was booed after refusing to endorse Jerusalem as the undivided capital of Israel. The U.S., like most of the international community,



**I'm in the midst of a very powerful campaign that's going very well.** Donald Trump

Trump has the Republican party in turmoil over his call for a temporary ban on Muslims entering the U.S. following last week's mass shooting by an Islamic militant couple that killed 14 people in San Bernardino, Calif.

Netanyahu's office had said in a statement issued Wednesday he rejects Trump's comments about Muslims but planned to move forward with the meeting with Trump.

The Republican presidential

refuses to recognize Jerusalem as Israel's capital and says the city's status must be resolved in negotiations between Israel and the Palestinians.

Trump also made remarks some said promoted Jewish stereotypes. "I know why you're not going to support me: you're not going to support me because I don't want your money," Trump said.

He also said, "I'm a negotiator, like you folks."

THE ASSOCIATED PRESS

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# Ali speaks out for Islam

## POLITICS

### Boxing great backs religion after Trump's ban proposal

Boxing legend Muhammad Ali criticized Republican presidential front-runner Donald Trump's proposal to ban Muslims from entering the United States, calling on Muslims "to stand up to those who use Islam to advance their own personal agenda."

Ali, one of the most famous Muslims in the world, issued a statement saying, "True Muslims know that the ruthless violence of so-called Islamic Jihadists goes against the very tenets of our religion."

He added, "I believe that our political leaders should use their position to bring understanding about the religion of Islam and clarify that these

misguided murderers have perverted people's views on what Islam really is."

Ali's statement Wednesday was directed at "presidential candidates proposing to ban Muslim immigration to the United States."

"They have alienated many from learning about Islam."

U.S. President Barack Obama, in an address to the nation Sunday, called on Americans to reject discrimination, saying, "Muslim Americans are our friends and our neighbours, our co-workers, our sports heroes."

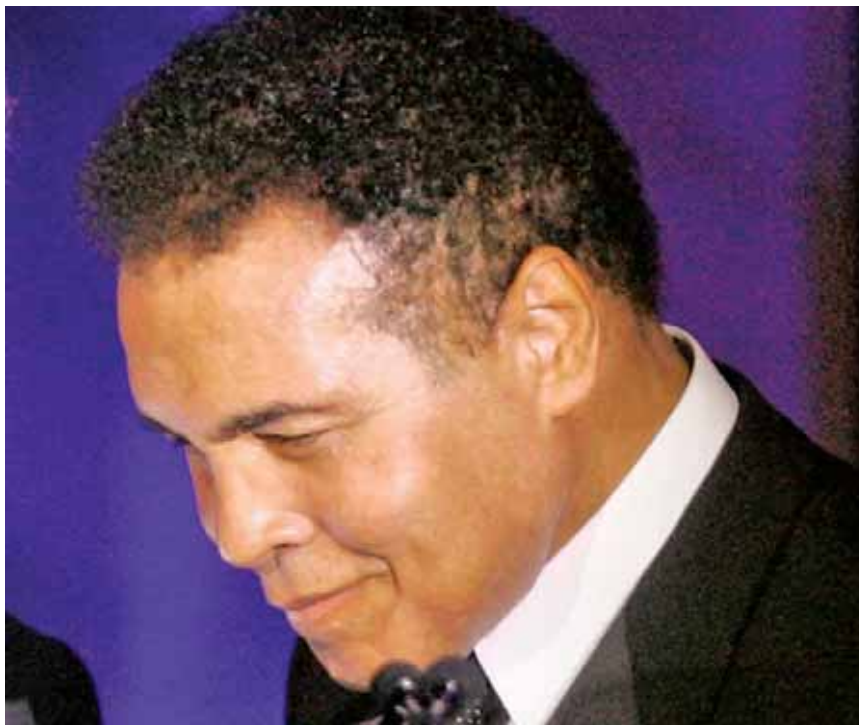
On Twitter early Monday, Trump asked, "What sport is he talking about, and who?" — even though Trump has met Ali several times, and even received an award named after the former heavyweight champion in 2007.

Ali, 73, who was born Cassius Clay, converted to Islam and changed his name in 1964.

THE ASSOCIATED PRESS

**“Misguided murderers have perverted people's views on what Islam really is.”**

Muhammad Ali



Boxing legend Muhammad Ali is criticizing Republican presidential front-runner Donald Trump's proposal to ban Muslims from entering the United States.. THE ASSOCIATED PRESS FILE

## UNITED STATES

### Fears of backlash increase

A severed pig's head was left outside a mosque in Philadelphia. A Sikh temple in California was vandalized by someone who mistook it for a mosque and left graffiti that included a profane reference to the Islamic State of Iraq and the Levant (ISIL) militant group.

Advocacy groups believe a spate of anti-Muslim incidents across the U.S. in recent weeks can be linked to last week's mass shooting in California and the inflammatory rhetoric of Donald Trump and other Republican presidential candidates. And they say Muslims are fearful the backlash could lead to further harassment and violence.

"The spike began with the Paris attacks and has intensified with what happened in San Bernardino," Ibrahim Hooper, lead spokesman for the Council on American-Islamic Relations, said Wednesday. "I have never seen such fear and apprehension in the Muslim community, even after 9/11."

THE ASSOCIATED PRESS

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## UNITED STATES

# Shelters for immigrant children planned

Federal officials plan to open three shelters in Texas and California to accommodate up to 1,400 unaccompanied immigrant children as the number of people crossing from Mexico into the United States continues to rise.

After a decline in crossings following last year's surge of children entering the United States, border crossings rose again this summer. In October and November, 10,588 un-

accompanied children have crossed the U.S.-Mexico border, according to the federal Border Patrol. That's more than double the number for October and November last year.

The increase led the U.S. Department of Health and Human Services to expand the number of beds it has for children, the agency said in a statement Thursday. The agency said it was acting "out of an abundance of caution."

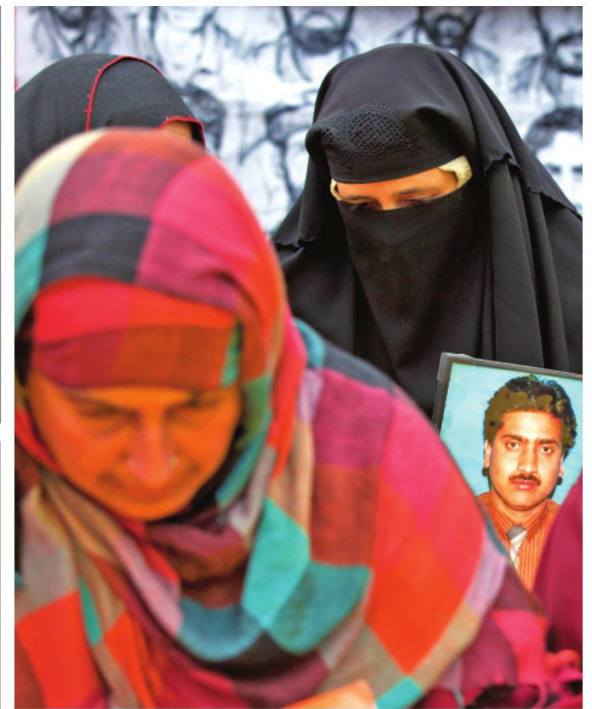
The number of families crossing the border also has gone up significantly. Figures released last month for October indicated the number of family members crossing together tripled compared to October 2014, from about 2,100 to more than 6,000.

Two Texas facilities to take in children are the Sabine Creek Ranch in Rockwall County and the Lakeview Camp and Retreat Center in Ellis County.

Both are located in rural areas just outside Dallas.

Rockwall County Judge David Sweet, the county's top administrator, said in an interview Thursday his county to take in 300 children, all from Central America.

"It goes without saying that we're very sensitive (to) the plight of unaccompanied children," Sweet said. But, he added, public safety "has to be my No. 1." THE ASSOCIATED PRESS



**THE MISSING HUMAN RIGHTS PROTEST** Relatives of people who have gone missing sit at a protest to mark International Human Rights Day in Srinagar, India, Thursday. According to Association of Parents of Disappeared Persons (APDP), more than 8,000 are untraceable since the beginning of the Kashmir conflict in 1989, after being arrested by Indian security forces and other security agencies. DAR YASIN/THE ASSOCIATED PRESS

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## Blogger begins hunger strike

## SAUDI ARABIA

### Canada and family aiming for his release

Saudi blogger Raif Badawi, who was sentenced to receive 1,000 lashes for his liberal writings, has started a hunger strike after being transferred to a remote prison, his wife has announced.

In a post on her Facebook page, Ensaf Haidar said that her husband's hopes of a pardon have been dashed because Shabbat Central Prison, where he was taken Thursday, is reserved for those prisoners who have received a final verdict.

"We are very alarmed at the prison administration decision to transfer my husband to the Shabbat Central and fear it may lead to the resumption of his flogging," wrote Haidar, who lives with the couple's three kids in Sherbrooke, Que.

"We hold the prison administration responsible for any harm that Raif may suffer."

Badawi's supporters have been pushing for a review of his case, buoyed by Quebec's offer of an immigration certificate in June and word from the Saudi supreme court that it was reviewing his case.



**Ensaf Haidar, wife of blogger Raif Badawi.**

THE CANADIAN PRESS

Last month, Swiss Foreign Minister Yves Rossier announced that negotiations for Badawi's pardon were in the works.

Badawi, the founder of a Saudi liberal blog, was arrested in 2012 and sentenced to 1,000 lashes, 10 years in prison and a fine of more than \$325,000 for insulting religious authorities. Badawi received the first 50 lashes on Jan. 9 in Jeddah, but his punishment has since been postponed indefinitely.

A collection of Badawi's writings, 1,000 Lashes, has been published in Quebec and in October, the European Union awarded him the prestigious Sakharov Prize for human rights.

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## Considered incitement of hate: Officials



# ISIL tactic traps its own fighters

THE ASSOCIATED PRESS





Tangier Island is losing a battle to rising sea levels and sinking land mass. THE ASSOCIATED PRESS FILE PHOTO

# U.S. island is sinking

CLIMATE CHANGE

## Residents will have to evacuate in about 50 years

Islanders in the middle of the Chesapeake Bay could be among the first "climate change refugees" in the continental United States as rising seas claim their historic fishing village, a report released Thursday concludes.

The research published in the journal *Scientific Reports* says residents of steadily shrinking Tangier Island will have to abandon their fishing community in approximately 50 years.

As the UN climate talks continue an ocean away in Paris, "Tangier is kind of ground zero," said oceanographer David M. Schulte, lead author of the research. The peer-reviewed research was funded by the U.S. Army Corps of Engineers, which

has said millions in new infrastructure such as breakwaters could shield Tangier Island and extend its life.

Tangier's threatened existence is not news to islanders, who have seen their island and others nearby retreat through the decades. Uppards Island was abandoned nearly a century ago, but the skeletal remains of those who once lived there are occasionally coughed up during storms, such as Hurricane Sandy.

Low-lying Tangier is particularly susceptible to climate change and rising seas and the sinking of the bay — called subsidence. The sinking is a remnant of the last ice age and glaciers north of

“

**Tangier is kind of ground zero**

David M. Schulte

the bay. As the ice melted, the land rebounded, while the bay began to sink. Approximately 700 people live on Tangier, nearly half its peak

population. Island watermen are prodigious fishermen, hauling in a disproportionate amount of the bay's signature crabs and oysters.

THE ASSOCIATED PRESS

MOST WANTED

# Rwandan genocide suspect arrested

Interpol agents arrested a Rwandan with a \$5-million bounty on his head who is among the most wanted for the 1994 genocide, officials said Thursday.

Ladislav Ntaganzwa was arrested in the eastern Congo city of Goma late Monday, according to John Bosco Siboyintore, the head of the Genocide Tracking Unit at Rwanda's Public Prosecution Authority and Rwandan Prosecutor General

Richard Muhumaza.

Ntaganzwa is among the nine most-wanted fugitives in the 1994 Rwanda genocide which killed more than 800,000 ethnic Tutsis and moderate Hutus, Siboyintore said.

The UN's International Criminal Tribunal for Rwanda sought Ntaganzwa to answer charges related to participation in genocide and incitement to commit genocide. Ntaganzwa allegedly carried out these acts

as mayor of Nyakizu. The ICTR closed its proceedings last week after nearly 20 years of pursuing and prosecuting genocide suspects and transferred Ntaganzwa's case to Rwanda.

Muhumaza said the country has started extradition proceedings for Ntaganzwa to stand trial in Rwanda.

According to ICTR's indictment of Ntaganzwa, he is accused of substantially participating in the planning,

preparation and execution of the massacre of over 20,000 Tutsis at Cyahinda Parish from around 14-18 April 1994.

On April 15, 1994, Ntaganzwa, armed with a gun, transported gendarmes in a vehicle while Hutu civilians and Burundian refugees he had incited earlier arrived on foot and surrounded Cyahinda Parish to prevent the Tutsis from escaping, the indictment says.

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## IN BRIEF

### Students protest photo

Black students at a Pennsylvania university are protesting a picture of black students posted on social media with a caption comparing them to animals.

The Snapchat picture showed a group of black students with the caption "monkeys stay in groups."

THE ASSOCIATED PRESS

### Five Serbian war-crimes suspects arrested

The Bosnian Serb regional government says it has stopped all co-operation with the state court, prosecution office and police because they ordered or carried out the arrest of five Serb war crimes suspects and raided a local police station.

THE ASSOCIATED PRESS



## EUROPE

# Peace long way off in Ukraine: Observer

International observers still witness fighting and the use of banned weapons in eastern Ukraine months after a ceasefire deal was signed, the Organization for Security and Co-operation in Europe said on Thursday.

More than 9,000 people have been killed in fighting between Russia-backed separatists and government troops since April 2014, according to the latest UN report.

Alexander Hug, OSCE deputy chief monitor in Ukraine, told reporters on Thursday both parties in eastern Ukraine continue to flout the September ceasefire deal signed in Minsk, Belarus, that also included withdrawing heavy and mid-calibre weaponry.

Hug said his observers this week documented the use of the banned weaponry on both sides of the conflict. He

said government forces and rebels in the Luhansk regions have given the locations and information about some of the storage facilities, unlike separatists in the Donetsk region who are refusing to co-operate.

Earlier this week, the OSCE opened forward patrol bases in two front-line towns in the rebel-occupied area to keep a close watch on the violations of the ceasefire.

Hug this week has toured across both government- and rebel-controlled areas of eastern Ukraine. On a recent visit to the village of Shyrokyne, a recent epicentre of fighting by the Azov Sea, OSCE observers said the village is still too dangerous to live in.

More than three months after the ceasefire deal was reached, a political solution for eastern Ukraine seems to be far off. THE ASSOCIATED PRESS



**RIDING HIGH FROM MAYOR TO PRESIDENT** Mauricio Macri rides towards the presidential palace after he was sworn in as Argentina's new president in Buenos Aires, Argentina, Thursday. Macri, former mayor of Buenos Aires who hails from one of Argentina's richest families, took the oath of office in Congress in front of legislators, Latin American heads of state and other dignitaries, including former Spanish King Juan Carlos I. MARIA EUGENIA CERUTTI/THE ASSOCIATED PRESS

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## Progress in Syrian talks

## MIDDLE EAST

### Insurgent group pulls out altogether

A powerful Syrian insurgent faction pulled out of an opposition conference on Thursday in protest over the role given to groups it said are close to the Syrian government, signalling continued divisions among rival factions ahead of proposed peace negotiations with President Bashar Assad's government.

Ahrar al-Sham, a Saudi-backed ultraconservative group that operates mainly in northern Syria, said in a statement that it was withdrawing also because the conference failed to "confirm the Muslim identity of our people."

The group's withdrawal came at the end of the two-day conference in the Saudi Arabian capital, Riyadh, which sought to form a unified opposition front ahead of the proposed talks for ending Syria's nearly five-year conflict.

Two opposition members said participants at the meeting agreed on a framework

that would guide the proposed talks. They established a "supreme council" made up of 32 opposition members and representatives of rebel factions that would later pick the 15 people who would negotiate on behalf of the opposition.

A senior member of the Syrian National Coalition, a Western-backed opposition group, told AP that most participants agreed on its vision for a civil, democratic Syria and a transitional government that would respect human rights and the territorial integrity of Syria.

Participants also agreed on the need to safeguard state institutions while restructuring the security forces.

Although Western leaders have recently said Assad can stay on as part of a transition for an unspecified time,

SNC and other participants at the Riyadh meeting insisted he cannot be part of a transitional government.

U.S. Secretary of State John Kerry welcomed the "positive outcome" of the gathering in Riyadh where an "extremely diverse group of Syrians put aside differences in the interest of building a new Syria."

THE ASSOCIATED PRESS



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## ROAD

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Walmart has begun testing its own mobile payment system that will allow shoppers to pay with any major credit or debit card or its own store gift card at the cash register. THE ASSOCIATED PRESS

# Walmart steps into mobile payment war

## TECHNOLOGY

### Retailer going up against Apple, Google and Samsung

Walmart, the world's largest retailer, said it's launching its own mobile payment system that will allow shoppers to pay with any major credit or debit card or its own store gift card through its existing smartphone app at the cash register.

It started testing the new payment feature Thursday at its stores in the Bentonville, Arkansas area, where the retailer is based. It plans to launch the payment system called Wal-

mart Pay in all 4,500-plus U.S. stores early next year.

It's part of Walmart's overall mobile strategy to making shopping easier and faster, but the launch is the latest salvo in the battle for mobile payments that's in the early stages. Walmart has moved into the field as Apple's one-year-old tap-and-pay system is being expanded to other merchants like Best Buy and KFC, and several months after Google launched the Android Pay mobile wallet app and Samsung came out with Samsung Pay. They're all trying to get a piece of what could be a very lucrative business, but none of them have cracked the market so far.

The move signals that Wal-

**“It's fast. It's simple, and it's a secure way for customers to use their smartphone.”**

Neil Ashe

mart believes it's best to build its own system. “We are creating a seamless shopping experience that includes payment,” Neil Ashe, president and CEO of Walmart's global eCommerce, told reporters. “It's fast. It's simple, and it's a secure way for customers to use their smartphone.”

Walmart executives said

that after evaluating various mobile options, they found that they had different constraints, working only on certain devices or payment types. Apple Pay requires iPhones. But Google's own tap-and-pay services, Android Pay and Samsung's Samsung Pay require Android phones.

Walmart's move could be a blow to Merchant Customer Exchange, or MCX, set up a few years ago by a consortium of retailers and restaurants to create an industrywide mobile payment system. Walmart has been a key player. But Walmart executives told reporters they remain excited about the MCX pilot program for the payment system called “CurrentC.”

THE ASSOCIATED PRESS

## FINANCIAL KNOWLEDGE

### Investments spook millennials: Poll

A new poll suggests that two-thirds of millennials are investing their money, but that most feel they don't have adequate knowledge for the task.

The poll done for CIBC found 67 per cent of Canadians aged 18 to 34 reported having investments including stocks, GICs, bonds and mutual funds.

However, 82 per cent said they didn't know enough about investing.

The one-third of respondents who said they did not have any investments cited lack of financial knowledge and the fact that investing “intimidates” them as major reasons.

Not having any money to invest and other financial priorities were also cited as reasons for not investing.

Of those who do invest, 41 per cent said they don't get the returns they expect, while 28 per cent found it hard to develop a long-term strategy.

Sarah Widmeyer, head of wealth advisory services at CIBC, says while it's good to see millennials recognize the importance of investing, they need help. “Their lack of knowledge is making them vulnerable to many common investing mistakes,” Widmeyer says. THE CANADIAN PRESS

## IN BRIEF

### El Niño threatening Canada's maple output

A late spring caused Canada's maple syrup production to fall for the second consecutive year in 2015 — and warmer El Niño weather is threatening to put a dent in next spring's output as well.

The impact would hit Quebec, the world's dominant maple syrup producer, along with Ontario, New Brunswick, Nova Scotia and syrup-producing American states like Vermont and New York.

THE CANADIAN PRESS

## market minute



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# metr VIEWS

Your essential daily news

Weekend, December 11-13, 2015



## DEENA DOUARA KARIM: ON TRUMP'S DANGEROUS WORDS

**I'm weary of trying to convince people of things. That Islamophobia is prevalent and experienced by people I love. Or that what's happening today has little to do with religion.**



You know how I feel about Donald Trump.

I'm a Muslim and an American, and you know how I feel about Trump.

I sat in the newsroom as he made his comments about banning Muslims from coming into the U.S. Someone referenced Hitler, it was slotted for a news page (in Toronto, a brief) and we all went about our work.

Meanwhile, I stared at the screen. Is it naïve to continue to feel disbelief when every outrageous statement is only incrementally more horrid than the one before?

I'm weary of trying to convince people of things. That Islamophobia is prevalent and experienced by people I love. Or that what's happening today has little to do with religion.

Instead, I'll tell you how it feels to hear Trump — a front-running candidate to lead the world's most powerful country — say he wants a "total and complete shutdown of Muslims entering the United States." How it feels to hear supporters say "send them all back."

You know how I feel, but I hope you'll still hear me say it.

It feels like anger. Anger at the lies Trump knowingly spews that leave Muslims as casualties in very real ways,

**It feels like fear. Not fear I'll be patching crescents onto my coats anytime soon, but I do fear for the soul of the country I grew up in.**



**Dark times.** Donald Trump's message is designed to provoke, but it provokes pain for many who deserve better from America, Deena Douara Karim argues. THE ASSOCIATED PRESS

at home and abroad. Anger at the blatantly false information that will shape how Americans — and Canadians, too — view their co-workers and their neighbours. "I watched thousands and thousands of people cheering," he says, of reactions to 9/11 in New Jersey — a claim supported by nothing and no one. Suggestions — a Muslim registry, ID cards — that push the boundaries of what can be thought and vocalized. And anger at the muted response. Calls here and there to remove his name from a building, to be sure. But visceral outrage? For words that so closely parallel Hitler for a population with still-living links? I have to turn to Facebook for that.

It feels like sadness. Like a friend, who was a refugee, hearing "ship them all back" from a Trump supporter. Would they send her family back, whatever the horror "back" represents? "I don't want them here," they say. "They need to go." Sadness because I suspect I have school friends who would now nod their heads, agreeing their families really would be safer this way. With sadness I recall the humour and generosity of Syrians I met years ago — the young hostel owners who shared their food, the man

who talked about films as I bought cloth from him. Sad to hear them now compared to "rabid dogs," by another candidate, Ben Carson, and know they would have showered him with the same kindness.

It feels like fear. Not fear I'll be patching crescents onto my coats anytime soon, but I do fear for the soul of the country I grew up in. What are we capable of when Trump calls waterboarding "peanuts"? Fear that people selling "anti-jihad" rifles who distribute Qur'ans for target practice will move into the mainstream, acknowledged and accepted in this "anti-political-correctness" ethos.

It feels like worry. Like hearing friends select baby names based on their sounding not-too-Muslimy. Worry for how refugees — from Syria, Afghanistan, and Iraq — will be received and what future awaits them when many in the world's wealthiest nation see them as ticking time bombs.

It feels like bafflement. How the very people who accept thousands of casualties from guns will take all measures to brace against a single death by "Muslim." Gun-rights principles above all, but no principles that stand by people like me.

It feels like frustration. Hearing experts agree that inflammatory rhetoric leads to greater isolation and radicalization in dark and vulnerable corners at home, and emboldens groups like ISIL abroad, meaning that Trump and his compatriots help create the world they purport to combat. Frustration because high-profile comments give people permission to express their nastiest inclinations. Frustration with the lack of transparency around mass killings when they are perpetrated by Muslims — who always wind up dead, and who always inspire alternate stories, "conspiracy theories," difficult to ignore.

There is no need to reassure me Trump will not win the presidency, or that a registry system would never pass. It does not matter. Trump is no lone loon — he has support and admiration; has other candidates seething that he's captured the hate vote.

The statements that evoke these feelings are harmful, now. They have repercussions, now. And they change the America that I grew up in, now.

**Deena Douara Karim** is a journalist and photographer. She tweets at @Deena\_Do.

## ROSEMARY WESTWOOD

metroview

### For a joyful New Year's prediction, just talk to Tomson Highway

Tomson Highway's aura is infectious. His grin. His self-described "spectacular joy."

"I have a mental condition that is worsening as I get older. It's called ridiculousness," he says right after we meet, looking thoroughly pleased. For the next 10 minutes every answer contains a punchline.

"Shall we disrobe?" he asks playfully, taking off his oversized track jacket. He wears square glasses and a black turtleneck that he pushes up over his ears as we talk.

The acclaimed playwright, novelist and pianist is in Toronto for a cabaret retrospective of his work, *Songs In The Key of Cree*, on Sunday. Highway, a classically trained pianist, has been writing songs for 14 years, the kind that, at a recent run in Saskatoon, garner standing ovations so great even "People in wheelchairs leaped from their wheelchairs!"

"Language is music," he says — one of his oft-repeated lines, and notes I've been laughing in 4/4 time.

Highway speaks Cree, French and English among others, and travels extensively "for the beautiful people" and the languages.

He's called himself a linguistic activist, and argues each language contains "a secret to the functioning of the human organism." Learning a new tongue offers insight, he says, and that chance to truly listen.

I ask him about Prime Minister Justin Trudeau, who

won praise this week for his new attitude to indigenous Canadians.

"Yes, he's opening his mind and his heart, and he's listening," says Highway. Compared to Stephen Harper, who had a "heart of ice" and spoke only of the economy, Trudeau is "talking about human issues, issues that matter to humanity. That means there's room for change," he says.

And Highway sees Canada's Aboriginal Peoples on the precipice of great change. He believes pain and trauma are the birthplace of beauty and creativity. From manure, as he puts it, comes vegetation.

"I think we're on the verge of something extraordinary as native people. Collectively as a nation, we have suffered a certain kind of trauma, which brings us to the threshold of extraordinary achievement. That's what I'm here to help with, to help open to the door to extraordinary achievement, and I think it's going to be spectacular."

I tell him that's the best prediction for the new year I've ever heard.

Highway — who speaks far too quickly for note-taking — seems like he could philosophize like this forever, but nothing serious can ward off his humour. He makes a joke about flattery and flatulence as we shake hands goodbye.

"Every moment of every day should be an act of joy," he says. "I dance down the street."

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## A whale of a tale... hold the fat



Chris Hemsworth isn't the only actor to change his weight for a role, but the practice can take its toll on the body. HANDOUT

### IN THE HEART OF THE SEA

## Hemsworth lost 33 pounds to play sailor

**Richard Crouse**  
For Metro Canada



In the Heart of the Sea features less of Chris Hemsworth than we've seen on screen before. He's in virtually every scene, but for much of the film the usually bulked up Thor star is set adrift in a raft, starving and physically much less imposing than usual.

The movie is an old-fashioned whale of a tale. Literally.

Based on the true story said to have inspired Moby Dick, it's

about whalers battling not only repeated assaults from the one whale who fought back, but also malnourishment and dehydration.

At sea for three months in tiny whaleboats the men are pushed to the edge of sanity, taking drastic steps to survive.

To convincingly play a starving sailor Hemsworth trimmed 33 pounds off his already toned 6'2 3/4" frame.

"My crazy diet would make you pass out from exhaustion," he said. At certain points he was eating just 500 or 600 calories — that's less than a combo lunch meal at most fast-food places — in the form of a boiled egg, two crackers and a celery stick a day.

Hemsworth and his underfed cast mates passed away the time with conversations "about our



### MOVIE RATINGS by Richard Crouse

**In the Heart of the Sea** ★★★  
**The Danish Girl** ★★★  
**Carol** ★★★★  
**Youth** ★★★★

**HOW RATING WORKS**  
★★★★ SEE IT  
★★★ WORTHWHILE  
★★ UP TO YOU  
★ SKIP IT

favourite foods and what we would eat when we finished the film."

The actor says losing that amount of weight isn't something he'd like to do again, but adds, "by those final sequences when we were supposed to be exhausted and emotional. We were feeling that way off screen too, so it helped."

Dramatic weight loss isn't new — actors have been yo-yo dieting for roles for years — but

doctors say rapid body mass reduction can lead to malnutrition, maladies like gallstones and worse. In other words, as Christian Bale who dumped 60 pounds for his role in The Machinist says, "It ain't great for your health."

Still, actors take on dramatic diets to aid in their dramatic work. Anne Hathaway dropped 25 pounds by food deprivation and exercise to make Les Misérables while Matthew Mc-

Conaughey survived eating only Diet Coke, egg whites and a piece of chicken a day to play AIDS patient Ron Woodroof in Dallas Buyers Club. According to The Playlist he stopped dieting when "people stopped asking if he was all right and started suggesting he seek help."

Just as common are actors who gain weight. Russell Crowe gained 63 pounds to play a CIA bigwig in Body of Lies, George Clooney gained 35 pounds for Syriana and Renée Zellweger gained 30 pounds for Bridget Jones's Diary, lost it, only to regain it for the sequel.

Jared Leto who lost 40 pounds to play Rayon in Dallas Buyer's Club, gained 67 pounds for the film Chapter 27 by drinking melted pints of chocolate Haagen Dazs ice cream mixed with

olive oil and soy sauce "to get me bloated even more."

Why do actors alter their bodies? Some call it dedication while cynics suggest it's an easy Oscar. Physical transformations (plus acting talent) brought Robert DeNiro, Charlize Theron and McConaughey to the winner's circle.

But some actors have sworn off manipulating their weight. Jim Carrey turned down a role in the Three Stooges biopic that would have required him to gain 40 to 50 pounds and Tom Hanks blames gaining and losing weight for roles with him developing Type 2 diabetes.

"I've talked to a number of actors who have gained weight for roles and — just out of the sheer physical toll on one's knees and shoulders — no-one wants to do it again," he told the BBC.



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## THE TV DINNER JESSICA ALLEN

## HOW WELL DO YOU KNOW: TOM CRUISE?



In his prime, Tom Cruise was the ultimate in cool: one of the biggest heartthrobs in Hollywood who helped a certain sunglasses company sell millions of pairs just by wearing them... and wearing them well. That's carried him through an amazing four decades of success. From his breakout performance in the 1980s dark comedy *Risky Business* (playing this month on Hollywood Suite) to more recent turns in thrillers like the *Mission: Impossible* series, Cruise has had an unparalleled run of box office hits over the years.

Take a look back at Tom Cruise during his rise to fame with some facts that might surprise you:

- ❁ Cruise and his family lived in Ottawa from 1971 to 1974 (where he attended the same school as Bryan Adams!). His dad — an engineer — was working for the Canadian military at the time.
- ❁ The iconic *Risky Business* underwear dance scene was improvised — the script said only, “Joel dances in underwear through the house.”
- ❁ Cruise earned his pilot's license in Markham, Ontario, during the filming of *Top Gun* — a movie for which he also learned to ride a motorcycle.
- ❁ Cruise was almost cast to play Kevin Bacon's part in *Footloose* (1984), but had to back out because of scheduling conflicts.
- ❁ He was the first actor to star in both the Oscar winner for Best Picture, *Rain Man* (1988) and the Razzie “winner” for Worst Picture, *Cocktail* (1988), in the same year.
- ❁ The Disney character Aladdin (1992) was modelled on Tom Cruise's good looks.

Rediscover Tom Cruise's rise to Hollywood powerhouse through the '80s and '90s. Starting Dec. 8 and running until Jan. 12, Hollywood Suite is offering a free preview of uncut and commercial-free movies that shaped the '70s, '80s, '90s and 2000s. Available on television service providers across the country, this free preview includes access to Hollywood Suite On Demand, where available. Featured films include *Risky Business* and such Cruise classics as *Days of Thunder* (1990), *A Few Good Men* (1992), *The Firm* (1993), and *Mission: Impossible* (1996).

## HOLLYWOODSUITE



Director Ron Howard's *In the Heart of the Sea* is the latest reimagining of the 1820 sinking of the American whaling ship *Essex*. After a sperm whale attack destroyed their vessel, 20 sailors were shipwrecked at sea thousands of miles off the coast of South America. Only eight men survived, partly on account of cannibalizing those who didn't.

Chris Hemsworth plays Owen Chase, the *Essex*'s first mate who wrote a book in 1821 about the ship's horrifying final voyage. That book provided inspiration for Herman Melville's *Moby-Dick* in 1851. Meanwhile, Nathaniel Philbrick read both Chase and Melville and published *In the Heart of the Sea* in 2000, which Howard has now turned into a movie, which you can see starting Friday.

“Don't you remember how terrifying it was?” Simon recently asked of Philbrick's acclaimed best-seller. “I think it's the only book that gave me actual nightmares.”

“I read it?”  
“We both read it,” he re-

“I think *In the Heart of the Sea* is the only book that gave me actual nightmares”THE MOVIE:  
*In the Heart of the Sea*THE MEAL:  
Cod au gratin

minded me, “in Newfoundland.”

That was 10 years ago. I had planned for months to go live by myself in a tiny outpost called Grand Bruit, where my dad owned a house. Although I'd never published a single word, I was going to write a novel. A few months before I left Toronto I made another leviathan leap: although we'd only been dating for about eight months, I asked Simon to come with me.

Imagine this: no cars, no roads, a general store, a church, a school, which two 12-year-olds attended, and some 30 permanent residents. We arrived in autumn and stayed through the winter. When we ice-skated on the endless network of frozen ponds nestled high up in the tuckamore-covered hills, it felt like we lived in a snow globe. Everywhere we looked — towards the

ocean, the mountains, the cheerfully coloured saltbox houses — was picture-perfect. If only Instagram had existed.

And we read. The book that I most associate with Grand Bruit is *Moby-Dick*. I don't think that's entirely on account of it being the great American novel. It was the time — I was just about to turn 30 — and the place: sitting at night in front of the old Franklin stove with the wind whipping so fiercely outside that it felt like the house — which, coincidentally, reminded me of a ship's hull — would blow down.

We also ate: chow chow and copper pennies, partridgeberry pudding and bakeapple cheesecake, cod tongue, boiled vegetables flavoured with salt pork, salt cod flavoured with salt pork, and, my favourite, cod au gratin.

On Sunday night I pulled

out my well-worn copy of *What's Cooking in Grand Bruit*, a collection of recipes compiled by the United Church women's association. There on page 25 was a cod au gratin recipe: make a roux of butter, flour and milk; add onion; pour over fresh cod fillets; top with bread crumbs and grated Cheddar cheese; bake.

It was so simple to make — and satisfying — that I wondered why I haven't made it more often. Maybe because my cod au gratin will never be as memorable as the fine people who made it for us, and cared for us, all those years ago.

And the novel I was supposed to write? In those six glorious months I wrote 12 pages. But boy, did I live.

Jessica Allen is the digital correspondent on CTV's *The Social*.

## ENTERTAINMENT BRIEFS

## Matt Damon to speak at MIT where he once played a janitor

Matt Damon shot to fame in the 1997 movie *Good Will Hunting* as a gifted janitor at the Massachusetts Institute of Technology. Now, he has been selected to deliver the university's 2016 commencement address.

MIT announced Thursday that the Academy Award-winning actor, filmmaker, social activist and Cambridge native will address graduates on June 3.

Damon said in a statement that it's an

honour to be named commencement speaker “at a school that I couldn't have gotten into.”

MIT President L. Rafael Reif says Damon has “made us think about our world in new ways, and through his service, he has made it a better place.” THE ASSOCIATED PRESS

Matt Damon  
GETTY IMAGES

## Michelle Obama and Jay Pharoah of SNL rap a 'go to college' video

America is seeing a new side of Michelle Obama, this time as rap artist.

The first lady and “Saturday Night Live” actor Jay Pharoah rhyme on a new video to encourage students to “go to college” and “fill your head with knowledge.”

She also sings a brief solo about her Chicago hometown, with body movements and facial expressions like professional rappers.

The video is part of Mrs. Obama's new Better Make Room campaign to pro-

**ON COLLEGE HUMOR SITE**  
The video is part of Mrs. Obama's new Better Make Room campaign to provide teens with the resources they need to pursue higher education.

vide teens with the resources they need to pursue higher education.

The campaign is part of a broader initiative by the first lady to encourage students to continue their education after high school.

The comedy website College Humor released the brief video Thursday. THE ASSOCIATED PRESS





Chris Hemsworth and Charlotte Riley in the action adventure *In the Heart of the Sea*. CONTRIBUTED

# Inside the heart of Chris Hemsworth

## INTERVIEW

### Actor talks fame, Thor and working with Ron Howard

Hosting Saturday Night Live earlier this year, Chris Hemsworth exaggerated his swift ascent in Hollywood: "If a jacked Australian with a perfect face can make it, anyone can," he said in a mock American Express ad.

Hemsworth, the 32-year-old Australian actor known the world over as Thor, appears as if perfectly chiseled out of movie star granite. But whatever his considerable natural gifts, Hemsworth has proven an interesting actor inclined to use his powerful screen presence in roles that both exalt it and upend it.

In *In the Heart of the Sea*, which opens Friday, he reteams with Ron Howard, who directed him in *Rush*, the 2013 movie that yielded Hemsworth's most confident starring performance as the Formula One driver James Hunt.

In *Heart of the Sea*, a recounting of the plight of the Essex (the cursed whaling ship that inspired Herman Melville's *Moby-Dick*), Hemsworth plays the swashbuckling first mate. Shipwrecked by a mammoth sperm whale, Hemsworth's heroic seaman is humbled, left a gaunt survivor.

It's the kind of duality that defines Hemsworth: a hunk but a family man (he has three kids);

an Avengers superhero but a talented comic actor. Along with his shirtless cameo in *Vacation* and playing the receptionist in the upcoming *Ghostbusters*, he hosts SNL again on Saturday.

In a recent interview, Hemsworth discussed his new film, the box-office disappointment *Blackhat* and the stresses of being a Norse god.

#### Do you ever feel any pressure to live up to Thor?

You feel like you've tricked everyone successfully. I never felt big enough playing Thor. And then people talk about you like you're nine-foot tall and 800 pounds. I'm well aware of the illusion. There's not a second where I go: Yeah, I'm a god.

#### Are you aware there's another Thor in New York right now? It's the nickname of the hard-throwing New York Mets pitcher Noah Syndergaard.

(Laughs) I'll look him up! I think he's far more godlike than me.

#### The best scene of Thor must have been when Thor tries coffee for the first time, slams it on the floor and demands another.

It's funny, that's probably closer to me than the serious, gladiatorial-type Thor. I'd rather have fun with it. It comes easier. When doing Thor, those scenes where he (lowers voice) spoke like this and everything was grand and big, people thought:

That's what he is. Saturday Night Live and *Vacation*, as well, are good opportunities to go: Actually it's not.

#### What was your experience on Michael Mann's cyber-crime thriller *Blackhat*, which some critics defended but which flopped at the box office?

Really hard, actually. I love Michael and it was great. But I do wish I had done more of what I truly wanted to do. I remember being so in awe of him that I said I would just do anything he said, regardless of whether I agreed with it. And that's a real danger because someone hires you because they want you to bring what you're going to bring to the table. I was just so in awe of Michael Mann that I went, "Yep, cool. Wherever you want me." So I don't feel like it was my performance so much. And that wasn't the fault of Michael Mann.

#### You and Howard, however, seem to be a good team.

I can't speak for him but for me (*Rush*) was the first time I felt I was truly in an environment where I could just take risks and explore. Something felt sort of pure about that experience. And it was probably the role, too, something I directly related to or liked about that character. Full of insecurity and fear but also cockiness and overconfidence. It was all these contradictory things.

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# Daisy Ridley is not giving away anything

## INTERVIEW

### Actress talks Star Wars, keeps movie's secrets

Daisy Ridley may not be as brave as her character in Star Wars: The Force Awakens, but she's close.

In her first-ever film role, the 23-year-old British-born actress plays Rey, a pilot and scavenger at the centre of the action in the hugely anticipated Episode VII.

The hardest thing about the job, Ridley said, was overcoming her own fears.

"It's one thing for other people to see potential in you and it's quite another for you to understand that and see it in yourself," she said.

"So of course everyone else being wonderful helps, but there's a certain level of growth... you have to do as a person... It's just like life times a million."

Right now, that life is a sniffling one that includes lots of airplanes and interviews.

The film's nonstop promotional schedule has left Ridley with a cold that has her wrapped in a winter coat on a recent warm Southern California day.

But even illness doesn't weaken her resolve when it comes to keeping the film's hotly guarded secrets.

Though co-star Harrison Ford has said Rey wields a lightsaber in the film, Ridley deflected the question when asked directly.

"Finn and Kylo have a fight with a lightsaber," is all she would say, referring to co-stars John Boyega and Adam Driver, whose tussle has already been shown in the film's trailers.

The actress did undergo months of physical training to prepare for her role, a regimen that included weightlifting, climbing and "staff training" — footage shows Rey running and fighting with a staff.

How much different could a lightsaber be?

"I had to look like I could look after myself in the desert and drag and scavenging things across sand," she said.

The youngest of five, Ridley appeared in small roles in medical and crime television dramas in the U.K. before capturing director J.J. Abrams' attention in her audition for The Force Awakens.

The film's set transported Ridley to the Star Wars world, where Abrams and the cast helped allay an initial feeling she describes as "terror."

"Luckily, to have J.J. there, who is so kind and considerate and encouraging, and to have a crew of people who made me feel safe and not rushed and not pressured, that is precisely what took the pressure off."

So did bonding with Boyega. The two would sing songs from The Lion King before shooting their scenes and explored the markets of Abu Dhabi on their one shared day off.

"We got on so well," Ridley said.

"It was so much fun all the

time, and to have him with me through this whole thing, both in filming and afterward, has been incredible."

One thing the actress isn't prepared for is the level of fame she's likely to experience. She tries not to think about it.

"The fame side of things is a weird twist that I'm not kind of interested in," she said.

"If I was going to be recognized for anything, Star Wars is all right." THE ASSOCIATED PRESS



**It's one thing for other people to see potential in you and it's quite another for you to understand that and see it in yourself.**

Daisy Ridley



Daisy Ridley plays Rey in The Force Awakens. HANDOUT

## STAR WARS

### Abrams had his very own Yoda

J.J. Abrams can't really settle on a favourite moment from his saga of directing, co-writing and co-producing Star Wars: The Force Awakens, but this one isn't bad.

"Being here now means we're actually finished with the movie, which is a relief," Abrams said with Jedi calm.

Perched in a small living room setup inside the cavernous Los Angeles Convention Center, this is the final stretch of Abrams' journey to this galaxy far, far away and back again, which started nearly three years ago.

**Lucasfilm's creative executive Pablo Hidalgo helped you answer questions about the Star Wars universe during the making of the film. Did you ever stump him?**

He was not only unstoppable but he was immediate. I would send him an email at almost any hour asking some arcane question and I'd hit send and I'd hear "ding" and he'd already have responded with an answer. What you realize, by the way, in working on these movies is that even things that are canon, that are beloved and absolute to fans, are very much fluid and in flux. For example, the Millennium Falcon itself, the cockpit changed dramatically from the first to the second movie. It's much bigger in The Empire

Strikes Back. Even things that are even the most fundamental and beloved are changing before our eyes and we don't even notice it.

**Was there anything you were surprised the powers that be let you do?**

I was most surprised that the studio never said no. That's incredible to me.

**What do you think is the ideal way to watch The Force Awakens?**

As someone who really hasn't been the most vocal advocate of 3-D, the strangest thing happened to me on this. When I was watching the reels in 3-D, there were a number of shots — and I know this sounds insane — that I hadn't understood in the three-dimensional space quite the way I did when I saw them in 3-D. I actually felt that there were things that were playing better in 3-D. I had never felt that before. And if people have access to a the-

atre that has laser projection, it is shockingly better.

**Really?**

You cannot compare a traditionally projected image with a laser image. The blacks are true blacks. It's almost as if you have to adjust to it.

**But definitely theatrical?**

The thing that is so fun about Star Wars, and I remember this from when I was a kid, was the communal experience of being with hundreds of people and getting to scream and laugh and cheer and cry with the story. It's got that kind of a pulse and that kind of an engine. Though I love that we all have access to movies on the devices in our pockets and I love that home screens are often better than theatre 17 at the multiplex, I also feel like movies speak to a human desire, if not need, to congregate and to experience stories communally.

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**I was most surprised that the studio never said no. That's incredible to me.**

Director J.J. Abrams



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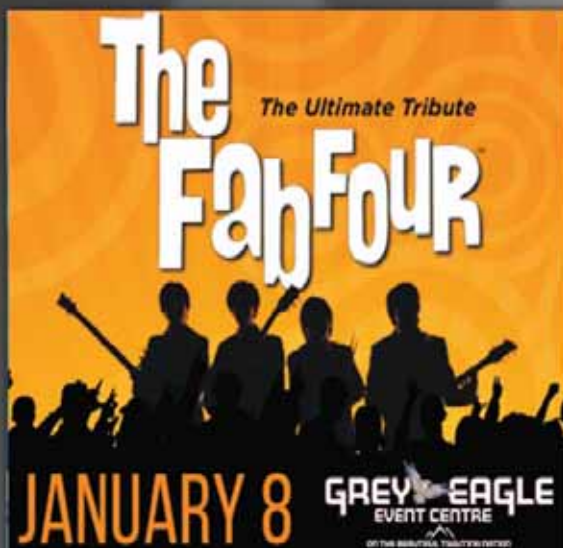
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# Older, sure, but he's still the same Solo

## STAR WARS

## Ford on reprising his role as rebel of the cosmos

When speaking about Star Wars, there are few topics that inspire a twinkle in Harrison Ford's eyes. The 73-year-old actor is matter-of-fact about almost everything — from his reunion with Carrie Fisher ("It was no big deal") to the franchise's unwavering popularity ("For me, it's old news").

However, when Ford brings up his new co-stars, he lights up like the Millennium Falcon charging through hyperspace.

"The new, young actors Daisy Ridley and John Boyega were well cast, well directed and are huge talents," he said, his voice lifting, during a recent interview. "They carry the movie."

After more than 30 years, Ford is reprising his role as smart-aleck smuggler Han Solo in director J.J. Abrams' Star Wars: The Force Awakens. The iconic character, who hasn't been seen on screen since celebrating the fall of the Galactic Empire in 1983's Return



"He's not selling real estate now. He's the same guy," says Harrison Ford of a 30-years-older Han Solo. HANDOUT

of the Jedi, serves as an unlikely mentor to scavenger Rey (Ridley), defector Finn (Boyega) and pilot Poe Dameron (Oscar Isaac) as they team up to take on masked adversary Kylo Ren (Adam Driver) and his minions.

While the film has been cloaked in an unparalleled level of secrecy, Ford guaranteed that fans can expect the same Solo they fell in love with from the

original Star Wars trilogy.

"The shorthand is that he's older and wiser, but his bones are the same," Ford said. "He's not selling real estate now. He's the same guy — only with the passage of 30 years. While we do not sit down and describe what he's been doing for those years, we do discover in the context of the story what the complications have been in his life."

Ford, who infamously wanted George Lucas to kill off Solo in Return of the Jedi, had a "why not?" attitude about suiting back up. He wasn't surprised by Disney's Death Star-sized plan to revive the franchise after acquiring Lucasfilm in 2012 for more than \$4 billion. The studio is planning to release a stand-alone film about a young Solo in 2018.

"If you make a huge invest-

ment in a product and it pays off, there's wisdom in seeing whether the well has run dry," Ford said. "If the well has run dry, (expletive) admit it and go on to something else. This well has not dried, especially when you introduce new discoveries, which Daisy Ridley, John Boyega, Oscar Isaac and Adam Driver represent."

Despite embodying the inter-

galactic scoundrel in three films, the Indiana Jones star didn't feel the need to provide Force Awakens filmmakers with much insight into Solo, who is back alongside shaggy sidekick Chewbacca (Peter Mayhew).

"They wanted to know if I didn't like something, and we would talk about ways to fix it," Ford said. "That's what we do. It's a collaborative process. There wasn't much. (Lawrence) Kasdan was back. He was one of the writers from the original films. He has a keen understanding on how the beast works, so I think they produced a script that — in my mind — was very easy to work with."

Once he was back in a galaxy far, far away, Ford's reprisal was stopped short on the second day of production last year when a door on the Millennium Falcon set outside London fell on him. He broke his left leg and was grounded for months. The unexpected time off proved more frustrating than fruitful.

"I had been ready," he said. "I didn't have much to think about. I think it gave J.J. some more time to think about some of the scenes."

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Alicia Vikander was nominated for a Golden Globe award for best actress in a motion picture drama for her role in *The Danish Girl*. FOCUS FEATURES/THE ASSOCIATED PRESS

# Learning to let go

## INTERVIEW

### Vikander talks the emotional journey of a historic couple

**Matt Prigge**  
Metro | New York



Before she read the script, Alicia Vikander says she wasn't aware *The Danish Girl* had a strong second female role. It's the tale of Lili Elbe (played by Eddie Redmayne), one of the first people, in the 1920s, to transition from male to female. That also meant parting ways with Gerda, her wife from when she was Einar, an esteemed painter. The *Ex Machina* actress takes the other lead, and she says — speaking to us while making the next *Bourne* movie — the film explores both a transgender pioneer and what her transition did to her relationship with Gerda, who had to find strength to let her go.

**You do a lot of period films, from *A Royal Affair* to *Anna Karenina* to *Testament of Youth*.**

**Youth. Do you sometimes feel lost going from one era to another?**

I get stuck in them. Sometimes I don't know what century I'm in. But it's a great skill to have as an actor, to have sets and costumes already there. It does a lot for you to be able to throw yourself into a new story and immediately get a sense of the world you're in when you get there.

**The *Danish Girl* does bring you back to portraying Scandinavian culture.**

It's part of my history and my life growing up. Back during *A Royal Affair*, I loved being back in the 18th century. I was able to find personal connections to Caroline Mathilde (her character), and it gave me a lot to being someone's voice from such a long time ago.... With *The Danish Girl* we tried to find historical inspirations, but it was also about meeting people, who had such generosity, in the transgender community, especially people like my character who had been friends or loved ones of people transitioning.

**What kinds of things did you learn from people who had**

**been close to people transitioning?**

Every single story ends up being extremely different. Sometimes they said it was tough to give them that time. They said they were also transitioning. Like any couple going through a huge change, they both needed to find their feet on the ground in a new location. That's something I could relate to with whatever you're going through as everything's changing around.

**I'd argue this is also a great break-up film, and one that isn't about a couple who split bitterly. It's about their struggles to maintain a connection despite parting ways.**

Love includes being able to let that person go, the person you love the most. You still have affection for someone, even when things get bad. It was a unique story, but I was amazed by the romantic aspect, and the love between them. Of course they go off on different roads, but they go on the same journey.... They know that and they're still able to reach out and tell the other person they're connected somehow. That's something I felt from page one to the end.

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## INTERVIEW

# Actor gained insight from transgender community

**Matt Prigge**  
Metro | New York

Eddie Redmayne is very aware of how much has changed in the last couple years. Mainstream acceptance of the trans community has been on the rise, and there is now greater demand for trans roles to be played by trans actors, as with Laverne Cox on *Orange Is the New Black* and the cast of *Tangerine*.

Redmayne, to his credit, took the subject very seriously as soon as he was involved with *The Danish Girl*, about Lili Elbe, one of the first people to transition from male to female, a number of years ago.

The Oscar-winner talks about how his education meant more to him than just doing a film.

**You actually won your Oscar for *The Theory of Everything* while you were shooting *The Danish Girl*. That must have been a gear-shift.**

We were quite in the thick of shooting. I flew out to Los Angeles with my wife, and it was



Eddie Redmayne is up for a Golden Globe for best actor in a drama for his role in *The Danish Girl*. FOCUS FEATURES VIA AP

# Redmayne's re-education

the most frenzied, adrenaline-fuelled two days of euphoria and excitement. There was so much adrenaline pumping into my body I can barely remember any of it.

The next thing I knew we were back on set, doing a scene where Lily was undergoing surgery. I was lying there on this bed and the

whole thing felt like this weird dream. Very odd.

**You were involved with this for a few years before it was finally green-lit. It seems like that gave you time to research and get it right.**

Until it was green-lit, it was more about learning for my own sake. I'd been attached

to it, then it didn't look like it was happening. Then when I was working with Lana Wachowski (on *Jupiter Ascending*), I mentioned Lili and Gerda (her former wife, played by Alicia Vikander) to her, and she was incredibly passionate about her story and spoke so eloquently about Gerda's paintings of Lili. She

pointed me to where I should start educating myself. Then once it got green-lit, I started meeting members of the trans community from different generations. Everyone was so stunningly generous in sharing their experiences in order to educate me. Above and beyond the film, life-wise it was an amazing thing.

## What kinds of things in particular did you learn?

I'd always summed that being transgender involved some form of physical transformation, and I realized that's absolutely not the case. It's entirely to do with what's in one's mind. Whether one has undergone any physical changes is neither here nor there. All the women I talked to described how they had known from a very early age that they were a different gender than that which they'd been assigned at birth. What was important for me was that when Lili was living as Einar, she was uncomfortable in this guise.

## The Lili of later in the film is very different from when she was first transitioning.

I spoke to one trans woman in Los Angeles who described early in her transition, there was an experimentation of trying makeup. Perhaps she would put too much makeup on or wear clothes that were overly feminine. She made mistakes, almost. She called it "hyper-feminization." She related it to a young girl's puberty or adolescence — of trying things. Looking at Gerda's paintings of Lili, the poses are quite feminine and almost heightened. That was an insight. As she's unpeeling and finding herself, she's almost copying.

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# Balancing the funny and the serious

## PEOPLE PLACES THINGS

### Kiwi actor departs from his usual roles in new film

**Steve Gow**  
For Metro Canada



Jemaine Clement is perhaps Hollywood's least likely leading man — if only because he doesn't really want to be one.

"I've had a couple of things that were more dramatic or more a leading role (but) I wasn't interested in doing a leading role," explained the Kiwi comic-actor over the line from New Zealand.

"I think I just wanted to do other kinds of things like writing and doing music."

One half of the popular Flight of the Conchords, Clement has been active since the comedy duo's HBO series final episode aired in 2009 but mostly working in the shadows as a supporting player in movies like Dinner With Schmucks or Muppets

Most Wanted.

With this Friday's VOD release of the dramedy People Places Things however, Clement took on the rare role as leading man because "this time the idea didn't bother me; it didn't intimidate me like it once did."

In the film, Clement plays a graphic novelist flailing emotionally after he catches the mother of his twin girls having an affair with a mutual pal.

Forced into single fatherhood, he must juggle the minefield of being a dad and dating in Manhattan.

"Usually if someone is failing as a father, they're (less) in the story and you may not see that they have good intentions — you may not see that they're trying," said Clement, of his pull to the part that's drawn praise for its delicate balance of humour and hardship.

"Like real life, it's not all jokes and it's not all sad — it's somewhere in between."

Although Clement has been lauded for this compassionate leading man, he insists his aspirations lie in



Jemaine Clement, with Aundrea Gadsby and Gia Gadsby, in *People Places Things*. HANDOUT

remaining a supporting actor.

In fact, he has even begun talking with his former partner Bret McKenzie about reuniting Flight of the Conchords — although a return

to television is rather unlikely.

"It was like making a sitcom and recording an album in the time that you'd usually do one of those things.

Either one of those things is hard enough," reminisced Clement.

"I enjoyed that (but) it's just that in the whole TV series, it was a lot to do."

## FAVOURITES

### Jemaine Clement's favourite person, place and thing:

#### Favourite person

"Probably my son," admitted the comedian. "Usually I would answer my mum so it's between them — they have to fight it out."

#### Favourite place

"The Coromandel in New Zealand is really beautiful," said Clement of the country's popular holiday destination. "But New York is my favourite city so that will just have a battle too."

#### Favourite thing

"That's easy, my guitar," laughed Clement, who is planning on reuniting with his musical partner for Flight of the Conchords. "We have been hanging out and doing a little writing. It's not intensive yet (but) in a few months we'll be back into it."

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# Now playing



**DRAMA**  
**In The Heart of the Sea**  
Director: Ron Howard  
Starring: Chris Hemsworth, Benjamin Walker

In the winter of 1820, the New England whaling ship Essex was assaulted by something no one could believe: a whale of mammoth size and will. The real-life disaster would inspire Herman Melville's Moby-Dick.

**ROTTEN TOMATOES™ SCORE**  
Critics: Audience:  
 **60%** **70%**



**COMEDY**  
**Don Verdean**  
Director: Jared Hess  
Starring: Sam Rockwell, Amy Ryan

Hired by an ambitious small-town pastor to find sacred relics in the Holy Land, a self-proclaimed Biblical archaeologist comes up short and his attempt to cover up his failure fuels a comic conspiracy from the filmmaking team behind Napoleon Dynamite and Nacho Libre.

**ROTTEN TOMATOES™ SCORE**  
Critics: Audience:  
 **50%** **40%**



**DRAMA**  
**Brooklyn**  
Director: John Crowley  
Starring: Saoirse Ronan, Domhnall Gleeson

Eilis Lacey is a young Irish immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. Homesickness quickly diminishes as a fresh romance sweeps up Eilis.

**ROTTEN TOMATOES™ SCORE**  
Critics: Audience:  
 **98%** **+97%**



**ANIMATION**  
**The Good Dinosaur**  
Director: Peter Sohn  
Starring: Raymond Ochoa, Jeffrey Wright

What if the cataclysmic asteroid that forever changed life on Earth actually missed the planet completely and giant dinosaurs never became extinct?

**ROTTEN TOMATOES™ SCORE**  
Critics: Audience:  
 **81%** **81%**

## HORROR

**Krampus**  
Director: Michael Dougherty  
Starring: Toni Collette, Adam Scott

When his dysfunctional family clashes over the holidays, Max is disillusioned and turns his back on Christmas. Little does he know, this lack of festive spirit has unleashed the wrath of Krampus: a demonic force of ancient evil.

**ROTTEN TOMATOES™ SCORE**  
Critics: Audience:  
 **63%** **65%**



## ART HOUSE

**Legend**  
Director: Brian Helgeland  
Starring: Tom Hardy, Emily Browning

The true story of the rise and fall of London's most notorious gangsters, Reggie and Ronnie Kray, who captivated the public and lorded over a criminal empire. This classic thriller takes us into the secret history of the 1960s.

**ROTTEN TOMATOES™ SCORE**  
Critics: Audience:  
 **60%** **73%**



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comedy



HBO SERIES

## Dern, Witherspoon come together again



Laura Dern and Reese Witherspoon in *Wild*. CONTRIBUTED

Laura Dern has been added to the A-list cast of the HBO series *Big Little Lies*, headlined by Nicole Kidman and Reese Witherspoon.

Dern is the latest actress to join the cast, which reunites her with her *Wild* co-star Witherspoon, reports *The Hollywood Reporter*.

During an appearance at the Hindustan Times Leadership Summit in New Delhi over the weekend, Kidman confirmed that Shailene Woodley has also been cast

to star in the series adapted from Liane Moriarty's 2014 book about three mothers of young children whose lives become entangled in domestic violence, friendship and death.

Jean-Marc Vallee will direct multiple episodes of the David E. Kelley production.

Dern will take on the role of Renata Klein, a career woman and anti-bullying crusader.

The show is set to air next year. *AFF*

JOHANNA SCHNELLER **WHAT I'M WATCHING**

## The long, lonely hours of a career magician

**THE TRICK WITH THE GUN** (multiple showings, Superchannels 1, 2, 3 and 4)

Early in this documentary about Canadian magician Scott Hammell's attempt to perform a classic trick, *The Bullet Catch*, the narrator (the film's director, Michael McNamara) lists the records that Hammell holds in the Guinness World Book, accompanied by video of said events: Highest Suspension Straight-jacket Escape (dangling from a helicopter), Longest Inverted Juggling, World's Fastest-Moving Card Trick (performed while skydiving), Highest Blindfolded Straightjacket Escape. All of which Hammell accomplished by age 30.

Now he's turning to the notorious Bullet Catch — first performed in the 1600s, it involves either fake or real bullets being shot at a magician, who catches them in his teeth or hand — to lift him to the next level. (Hammell will use a real bullet.)

The theme of death runs through magic — all that sub-



Scott Hammell trains for a skydiving escape. HANDOUT

merging and disappearing and being sawn in half.

"A magician escapes death every night," someone says. As do all who wake up, you realize.

But despite the many interesting musings on mortality and what an artist is willing to do for her art, I kept returning to the practice element.

Not the death-defying stunt itself, but the hours and hours of repetitive, lonely work it takes to get there.

As a fellow magician puts it, "practice 'til you reach a competency that is mind-blowing."

Contemplating what a "longest inverted juggling" record really means — all those hours,

upside down, to earn a stat that means something to a mere handful of people, that can be shattered tomorrow — yeah, my mind was blown.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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RUSSIA

## War and Peace reading featured on television

More than 1,300 Russians are reading Leo Tolstoy's notoriously lengthy novel War and Peace aloud in a 60-hour marathon on national television.

The public readings, pre-recorded at locations all over Russia, from the Winter Palace in St. Petersburg to remote Arctic islands, have been co-ordinated by Tolstoy's great-great-granddaughter and feature Russians from all walks of life, from gas workers to cosmonauts.

By Thursday morning, the readers had made it through two of the four volumes of the novel.

The event runs over four days and finishes Friday.

The organizers invited French actress Fanny Ardant to read the numerous French-language passages in the novel, which describes both the Napoleonic wars and French-speaking high society

in imperial St. Petersburg.

The readings are being webcast live and broadcast on national TV and radio, with nighttime intermissions.

On Thursday morning, three-minute passages from the novel were read aloud by a theatre actor in Chechnya, a baker in the Far East and a pop singer in Moscow.

Among the upcoming highlights are the readings by Tolstoy's descendants at the family estate south of Moscow and a recorded message from cosmonaut Sergei Volkov who is currently at the International Space

Station.

Tolstoy took six years to complete War and Peace, which was rewritten 26 times. One of Tolstoy's most translated works, the novel is part of the Russian high school curriculum.

THE ASSOCIATED PRESS

60

The number of hours it will take for 1,300 Russians to read aloud Leo Tolstoy's lengthy novel War and Peace.

## Butt lifts, smaller breasts, pouty lips trend

COSMETIC ENHANCEMENTS

### Surgeons keep up with the Kardashians, Ariel Winter

Eva Kish  
Metro | New York


In the plastic surgery business, it was undoubtedly the year of the butt lift, popularized most famously by Kim Kardashian (though she insists she was born that way). And shapely butts weren't the only trend the Kardashian clan set this year.

Kylie Jenner's pout dethroned Angelina Jolie's long-coveted lips, according to an end-of-year survey by RealSelf, the largest online community for cosmetic procedures. The site fielded 10 times as many requests about Jenner's pout, with 43 per cent of facial plastic surgeons and 30 per cent of dermatologists saying more women are making

lip-related requests.

According to the survey, 39 per cent of plastic surgeons said women opting for breast enhancement asked for smaller implants this year compared with 2014. This time, patients are going for a slimmer silhouette similar to Rihanna and Kate Hudson.

When it comes to breast reduction, doctors are seeing more requests from teenagers after 17-year-old Modern Family star Ariel Winter revealed she'd undergone the procedure back in June.

The actress told Glamour that just standing for long periods of time was painful; the procedure took her from a 32F to a 34D. "Even at 14, people would ask me, 'Do you have fake boobs?' But we live in a society that that's what they think about," she told the magazine.

For men, the trend is toward classically masculine features, with a particular focus on enhancing the jawline — 26 per cent of doctors said their patients reference Brad Pitt as their ideal.



Ariel Winter had her breasts reduced from a 32F to a 34D. GETTY IMAGES

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# Are you a grown-up?

## LISTS

## 33 ways to tell if you're an adult — in case you're not sure

**Sofi Papamarko**  
Torstar News Service

Remember the 1980s comedy *Big* where Tom Hanks (a 12-year-old boy in a thirty-something man's body) does such ridiculous things as play with toys, ride roller-coasters and wear jeans to work?

Since those heady days of shoulder pads and charting Huey Lewis singles, the lines between adolescence and adulthood have become increasingly blurred. So put aside your colouring book and read on for some ways to tell if you're a real, live grown-up.

1. You realize with dismay that it's too late for you to become a professional figure skater, competitive gymnast or international rock star — even if you start practicing today.

2. You start pickling things that are not your liver.

3. You have matching dishes, cutlery, towels and/or socks.

4. You purchase a slow cooker and are really excited about it.

5. You purchase a cordless vacuum and are really excited about it.

6. You purchase a mortar and pestle and are really excited about it.

7. You use the aforementioned mortar and pestle to grind herbs you grew yourself in your window garden and later dried on your reclaimed wood harvest table.

8. You've stopped listening to any and all music that came out after 2009 (except for the oeuvre of Taylor Swift, which you own none of but have somehow managed to memorize by sheer osmosis).

9. Sheryl Crow really speaks to you.

10. You have an RRSP, a TFSA, a CA and an IUD.

11. Revelation: the sooner you go to bed, the sooner you can eat breakfast!

12. You've stopped caring what other people think. Mostly.

13. You won't even look at apartments that don't have air conditioning and a dishwasher.

14. Reitmans is actually carry-

ing some pretty cute stuff this season, you guys!

15. You find yourself telling white lies to small children for your own amusement.

16. You look forward to cleaning. Not for the act itself so much as for the satisfying results.

17. You have strong opinions on olive oil.

18. You casually drop Saturday Night Live references from the 1990s and your twenty-something colleagues have no idea what you're talking about. No one invites you to lunch.

19. A hangover now lasts two to four months.

20. You still eat macaroni and cheese sometimes, but you toss in basil and sun-dried tomatoes or add panko and Sriracha to really just class it up.

21. The only thing better than napping is ... no. No, I've got nothing.

22. It blows your mind that you do whatever you want to do within the limits of the law, but what you mostly do is watch Netflix and fall asleep on your couch at 10 p.m.

23. Back-to-school commercials fill you with nostalgia.

24. Salt and pepper? No thank you! Freshly ground peppercorns

and Himalayan pink salt? Yes we can!

25. You remember when overalls were cool, and then not-cool, and then cool again.

26. Your body feels like a giant bruise for two full days after you go to the gym. Once you start to recover, it's time to go back to the gym.

27. You're older now than your parents were when they had you.

28. You purchase concert tickets based solely on two factors: Is there cushy seating? How far is the venue from my couch? (Conclusions: it is not worth going to any concerts not held at Massey Hall or in your living room.)

29. The show *Friends* seems unfunny and dated. When did that happen? (Answer: 2008)

30. You're unreasonably excited about your artisanal ice cube tray.

31. You buy all sorts of fancy cookbooks by celebrity chefs but only ever make the easiest sounding ones that don't require a double boiler or Dutch oven or too many pots and pans that you have to wash later.

32. Brussels sprouts are actually kind of delicious, if you know how to cook them/add bacon.

33. It's OK to use the nice soap.



Eric Wareheim plays a very large manchild in Netflix's *Master of None*. HANDOUT



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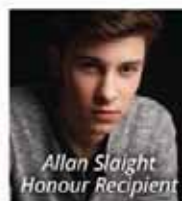
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# 5 THINGS YOU NEED TO KNOW ABOUT THE GOLDEN GLOBES

## 1 Oops!

The Golden Globes' official Twitter account was drawing flak even before the nominees were announced after mistaking presenter America Ferrera for Gina Rodriguez.

In a series of tweets, which have since been amended, the Globes linked to Rodriguez's twitter account (@HerelsGina) instead of Ferrera's (@AmericaFerrera).

Luckily, attentive social media users did what they do best and captured the offending tweets — while throwing in some snarky responses for good measure.



## 2 Canada's sole nominee

Irish-Canadian author Emma Donoghue was the only Canuck to pick up a nomination this year. Donoghue, who is based in London, Ont., got the nod for the adaptation of her novel, Room. The book tells the story of a young boy and his mother who are held captive in a shed. The film won the People's Choice Award at the Toronto International Film Festival earlier this year and has been generating major Oscar buzz. Directed by Lenny Abrahamson, the movie also picked up Golden Globe nominations for best film drama and best film actress in a drama for Bree Larson, who plays the child's mother.



## 3 Must-sees before 2015 ends



Several big-screen nominees are not even being released until Christmas. Leonardo DiCaprio is nominated for The Revenant, a film about a 19th century frontiersman that is also in the running for best motion picture - drama, best director and best original score. Will Smith is nominated for Concussion, which tells the story of the doctor who discovers the prevalence of brain damage in professional football players.

## 4 No surprises here

It's no surprise that Julia Louis-Dreyfus picked up another nomination for her starring role in HBO series, Veep. It's Louis-Dreyfus's fourth nomination for the comedy, and the seventh in her career. Box office hit The Martian received three nominations: best picture comedy, best director (Ridley Scott) and best actor (Matt Damon). Released in October, the two-hour-plus sci-fi comedy has already grossed more than \$221 million in the U.S.



## 5 The omissions

Kevin Spacey, who took home the Golden Globe for best actor in a TV drama last year for House of Cards, was shut out this time around. Mad Men only got one nomination for its final season — Jon Hamm is up for best actor in a TV drama series.

And despite generating Oscar buzz and picking up Golden Globe nominations for best picture, best screenplay and best director, the ensemble cast for Boston Globe investigation drama Spotlight came up empty. Mark Ruffalo was nominated for another film, Infinitely Polar Bear, in which he plays a man with bipolar disorder.

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**"There has to be another Michael Jackson out there. There has to be another Supremes," says Kelly Rowland.**

JOHN BAZEMORE/THE ASSOCIATED PRESS

# Kelly Rowland is busy chasing her own destiny

## INTERVIEW

### Singer looks for the next girl-group superstars

If fans are anticipating a Destiny's Child reunion album, Kelly Rowland says don't expect one anytime soon.

These days, Rowland is focused on recording solo music and filming a documentary series called Chasing Destiny, which premieres on BET in April. She completed a three-city quest in New York, Atlanta and Los Angeles with veteran choreographer Frank Gatson — who serves as Beyonce and Rowland's creative director — auditioning talent in hopes of finding the next superstar girl group.

"I don't care where they are, where they live, where they're from, their background — I just want to make sure that I have girls

in the group who are not afraid to work, who are excited about a great opportunity, who have goals and think, and breathe, and sleep music," Rowland said in an interview last week.

The Grammy winner said she wants to create a girl group for this generation of music fans. The pop charts currently include Fifth Harmony, who had a major hit this year with Worth It, and British group Little Mix, who won The X Factor in 2011 and released their third album last month.

But Rowland believes there's room for more.

"When Destiny's Child was around I remember there was Xscape, there was SWV, there was En Vogue, there was the Cheetah Girls," she said.

"There were all these different types of groups, and these different types of girls groups, and there's just one (now) — you're kidding me? Like, get out of here. It should definitely be more."



**When Destiny's Child was around I remember there was Xscape, there was SWV, there was En Vogue, there was the Cheetah Girls.**

Kelly Rowland, on today's dearth of girl groups

Rowland said she and Gatson aren't sure how many girls will be selected for the group. Gatson said he already held two secret audition sessions in New Orleans and New York without Rowland, in hopes of finding more candidates. More than 70 prospects auditioned for them in each city.

"We have to search under every rock," said Gatson, who

groomed Destiny's Child and also choreographed routines for Michael Jackson and Jennifer Lopez. "There has to be another Michael Jackson out there. There has to be another Supremes."

Until they find their group, Rowland said she's enjoying the process as she reminisces about her time with Destiny's Child. The group was one of the bestselling female groups of all-time, releasing platinum-plus albums and multiple hits, from Say My Name to Bootylicious to Survivor.

Rowland said her "heart beats so fast" thinking about those times with Beyonce and Michelle Williams.

"It takes me back to those days when we were grinding and being moulded," said Rowland, who will release a solo album next year.

"I think this is the most beautiful moment. The fun part is getting to know these girls (and) being able to share my stories."

THE ASSOCIATED PRESS

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# Serial season two is here

## PODCASTS

### Taliban prisoner's story to be a TV show

The widely popular podcast Serial has arrived.

In the highly-anticipated second season, NPR producer Sarah Koenig tells the story of Bowe Bergdahl, a U.S. soldier who was taken prisoner by the Taliban after disappearing from a base in Afghanistan in 2009.

After five years in captivity, Bergdahl was released in a prisoner exchange and U.S. President Barack Obama announced that he was on his way home.

But, as Koenig explains, while Bergdahl's release was initially celebrated, "public reaction to his return flipped."

Soldiers from his unit called him a deserter and the U.S. army launched an investigation into how he was taken prisoner.

"Through all of this, Bergdahl has been quiet. He hasn't spoken to the press or done any interviews on TV. He's been like a ghost at the centre of a raucous fight," Serial explains.

In the first episode — called "DUSTWUN," the military acronym for "duty status — whereabouts unknown," which is available online — listeners hear Bergdahl's voice, from about 25 hours of taped phone conversations with filmmaker Mark Boal.

"There I was in the open desert and I'm not about to out-

run a bunch of motorcycles," Bergdahl tells Boal near the end of the episode about how he was taken. "I couldn't do anything against six or seven guys with AK47s. They pulled up, and that was it."

Boal, who wrote and produced Zero Dark Thirty and The Hurt Locker, is Koenig's production partner for season two.

"This one idiosyncratic guy makes a radical decision at the age of 23, to walk away into Afghanistan, and the consequences of that decision, they spin out, wider and wider. And at every turn you're surprised, the picture changes," Koenig says in the first episode about Bergdahl's story.

"To get the full picture, you need to go very, very small, into one person's life — and also very, very big, into the war in Afghanistan."

People quickly took to social media to celebrate the podcast's return.

"More intriguing than I expected w. bergdahl's story," wrote Twitter user Lauren Woods, "guessing it will get even better."

"Raise your hand if all you really care about is listening to the first episode of season 2 of @serial," added Claire Cole.

And some were already hooked. "Just listened to Serial season 2. Pretty much got me engrossed. I'm into this story," wrote Amy Hoag.

Season two — which will be told over eight to 10 episodes, Koenig told the New York Times — is being developed into a TV show.

TORSTAR NEWS SERVICE



Sgt. Bowe Bergdahl, the focus of Serial's second season, was held prisoner for years by the Taliban. THE ASSOCIATED PRESS

## TV PERSONALITIES

### Nardwuar recovers in hospital from stroke

Offbeat celebrity interviewer Nardwuar the Human Serviette is recovering from a stroke in Vancouver.

The humorous TV personality and musician, whose real name is John Ruskin, has the news posted on his Twitter account.

The posting issued Wednesday night says the 47-year-old YouTube star suffered the stroke at a party in Vancouver.

It also says he's recovering at Vancouver General Hospital.

The nasally voiced Vancouver native is known for his eccentric approach to interviews, which he conducts in a tartan tam cap.

His interview subjects have ranged from Snoop Dogg, Chuck D, Iggy Pop and Katy Perry to Rush's Geddy Lee and former U.S. president Gerald Ford. THE CANADIAN PRESS



Chuck D and Nardwuar in Austin, Texas. THE CANADIAN PRESS/HANDOUT

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# Spirit of the West's time for a rest

## HOME FOR A REST

### Last call for band behind classic pub-crawl song

**Alan Cross**  
For Metro Canada



If someone has written a better drinking song than Spirit of the West's Home for a Rest, I haven't heard it. While in the U.K., frontman John Mann and guitarist Geoffrey Kelly documented a rather intense crawl of pubs and other establishments over the course of a week.

*You'll have to excuse me, I'm not at my best*

*I've been gone for a week, I've been drunk since I left*

*These so-called vacations will soon be my death*

*I'm so sick from the drink, I need home for a rest.*

The song originally appeared on Spirit of the West's 1990 album, *Save This House*, and

**You'll have to excuse me, I'm not at my best/  
I've been gone for a week, I've been drunk since I left**

has since become the classic Canadian drinking song. Most musicians only dream of writing a song that spans generations. I'm pretty sure an ability to recite the lyrics is part of the citizenship test.

Things have not been going well for John over the last decade. In 2009, he was diagnosed with colorectal cancer but was able to overcome it. By 2011,

he was cancer-free.

But then he noticed that he was having more trouble remembering things. He'd been experiencing minor lapses as far back as 2001 but they seemed to be getting worse. Song lyrics were forgotten. Familiar guitar chord changes were lost. The memory issues got worse during his cancer treatments but his doctors thought they'd go away once

the cancer was eradicated.

They didn't. In fact, they got worse.

In September 2014, John and his wife, playwright Jill Daum, decided to go public with John's condition. Barely into his 50s, he was diagnosed with early-onset Alzheimer's, an incurable degeneration of cognitive functions. With the time John has left, he and Jill want to do what they can about

raising awareness of a disease that's going to become more prevalent as the population ages.

John can still perform, but he needs help. Lyrics are on an iPad. He has someone with him to guide him through the performance. But Spirit of the West recognizes that the time has come to bring the band's career to a gracious close. A couple of farewell shows have been set for the Commodore Ballroom in Vancouver on April 15 and 16.

## THERAPY

### How you can help

Meanwhile, John and Jill are not giving up. Having exhausted every possible treatment, they are now turning to experimental and very expensive stem cell therapy. One course of treatment can cost up to \$50,000. If you're interested in helping out, you can donate at [Generosity.com](http://Generosity.com).

For more, go to [AJournalofMusicalThings.com](http://AJournalofMusicalThings.com) or follow me on twitter at @alancross.

## BOOK BRIEF

### Big shake of a lamb's tale

This is the story of how an injured lamb named Sweet Pea started a war. Well, a bidding war. John and Jennifer Churchman's lamb hurt a leg on the Vermont farm where they keep sheep, ducks and geese.

To celebrate Sweet Pea's recovery, the couple dressed up their animals, fed them delicacies like pumpkin slices and shared photos online. The images formed the illustrations for *Sweet Pea & Friends: The SheepOver*, a children's book they initially self-published.

Within days of a blog post about Sweet Pea by a local bookstore owner, the Churchmans had a literary agent. A bidding war for the story among five major publishing houses followed.

The story of Sweet Pea, published by Little, Brown Books for Young Readers, is in stores in time for Christmas. THE ASSOCIATED PRESS



**Sweet Pea book in a store.**  
AP

## SPONSORED CONTENT

# RESTORING SIGHT & HOPE

Anita, a young Nepalese mother, can tell you how devastating it is to watch your three-year-old son's face fade away. She can tell you how hard it is to miss the special moments in your child's life as you slowly lose your sight.

This holiday season consider what it might be like to lose your sight, to miss watching the children in your life light up from joy.

For women and girls like Anita living in developing countries, losing sight means losing everything.

Two out of three of the world's blind are women. Ninety per cent live in the developing world. Beyond a lack of access to care and financial resources, women's needs are often not prioritized by male-headed households. Yet without vision, they cannot work or live independently and become more vulnerable to poverty, ill-treatment and abuse.

Anita knows this all too well. As her vision worsened, her husband started treating her poorly and she was forced to live with relatives; she could no longer care for herself or her son. The greatest tragedy of Anita's story is that her vision loss was simply due to cataracts — an easily solvable problem that costs only \$50 to fix.

Anita visited a hospital but couldn't afford the surgery. Thankfully, because of Seva Canada donors, Anita's costs were covered. With



CONTRIBUTED

her vision restored, Anita plans to become a tailor, open her own business, and take care of her son. Anita's life has changed profoundly.

Restoring sight has a huge impact. It fights poverty by empowering women and girls to return to school, work and a life of independence.

This holiday season a generous donor is matching all gifts for women and girls\*, so you can double your impact. A \$50 donation becomes \$100 and provides sight-restoring cataract surgery for two women. Donate at [seva.ca](http://seva.ca)

\*A Seva donor has offered to match any donation you make from now until Dec. 31, up to \$1,000.

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# Jimmy Iovine: A year at Apple Music

INTERVIEW

## Executive talks DJs, Drake, human-curated content

When Apple Music elbowed their way into the streaming market, they were late to the party: Songza had consciously coupled with Google Play, Spotify's catalogue granted every musical wish (that wasn't Taylor Swift) for free, and Tidal had an 18-artist supertrust of owners, including but not limited to Jay Z, Beyoncé, Kanye West, and Daft Punk.

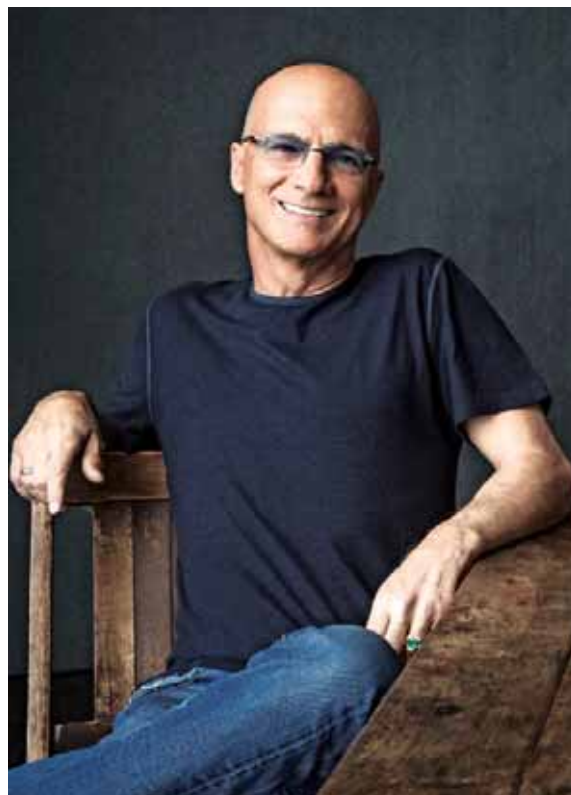
But like the guest that everyone was waiting for, all eyes turned to Apple Music when it arrived fashionably late last June, shepherded by Jimmy Iovine.

"We've only been open five months," Iovine, 62, says over the phone. "That's a short time. When you're at Apple it's not a short time because all eyes are on you from the minute you think about hatching."

As Apple drops its Best Of list, Iovine looks back on Apple Music's first year.

### March: Get Lowe

Iovine made it an early priority to poach beloved BBC DJ Zane Lowe. "We went out and got who we felt was the best guy in the world for discovering new artists," says Iovine. Lowe's show on Beats 1 radio has had



"Are we there yet? No! Is it a work in progress? Yes!" Apple Music's Jimmy Iovine says of the company. CONTRIBUTED

such exclusives as an hour-long interview with Adele and first cracks at tracks by artists such as Coldplay and Skrillex.

### June: What A Time To Be Alive

When Apple Music launched,

they only needed two superstars: Torontonians Drake and The Weeknd, who performed I Can't Feel My Face for the first time at the launch. Drake has since peppered the service with exclusives, such as his dad jivin' Hotline Bling video and

## Top 3 Songs on iTunes in 2015

TORSTAR NEWS SERVICE

**1 Uptown Funk, Mark Ronson (feat. Bruno Mars)**  
This throwback jam was the biggest hit of 2015.



**2 See You Again, Wiz Khalifa (feat. Charlie Puth)**  
The hip-hop tribute scored the touching climax to Furious 7.



**3 Thinking Out Loud, Ed Sheeran**  
Sheeran's guitar ballad bloomed during wedding season.

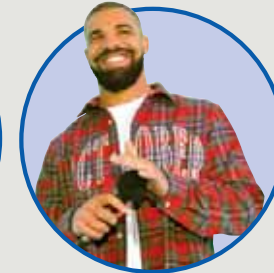


## Top Albums on iTunes in the last year

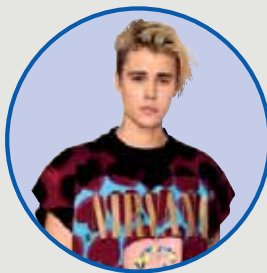
**1 25, Adele**  
The British ballad belter's record beat every other album released in 2015.



**2 If You're Reading This It's Too Late, Drake**  
What release strategy? Drake's mix tapes didn't need marketing.



**3 Purpose (Deluxe), Justin Bieber**  
Bieber joins the Canadian invasion of the albums' chart.



his team's OVOSOUND Radio show. "He's a very progressive artist as far as technology is concerned," Iovine says.

### July: Press Playlist

A crusader for human-curated content, Iovine personally listened to thousands of playlists, from Trap Soul to Cleaning Up After The Kids, that had been developed by hundreds of Apple employees. He has a tip for aspiring New Year's Eve

playlist makers. "The whole thing about playlists is what song comes next," he says.

### November: You Had A Bad Day

On November 19, Iovine clumsily tried to underline Apple Music's usability on CBS This Morning by saying, "I've always known that women find it very difficult at times, some women, to find music."

The backlash online was

immediate.

### December: Beats 2.0?

For all the service's success, Iovine is not done yet. "Like anything you're creating, I'm thrilled with some stuff, not so thrilled with other stuff," he says. "I like where we are with our audience reach, I like where we are with our subscriber base so far, I like where we are musically."

TORSTAR NEWS SERVICE

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## Embracing America and Cuba



**Lance McMillan**  
For Metro Canada



Dec. 17 will mark one year since U.S. President Barack Obama ordered the reestablishment of diplomatic relations between the United States and Cuba.

As it stands now, restrictions imposed by the embargo have only been eased through executive action and pertain mainly to travel and telecommunication. But change, albeit small, can be readily seen.

Walking down the streets of Havana, it is not unusual to see locals wearing clothing adorned with the American flag. Even taxis with American flags hanging in the window or dangling from rearview mirrors have become commonplace.

The island nation cannot yet fully embrace any real change, however, as it is up to Congress to lift the embargo that went into effect back in 1961. While the previous 113th Congress may have been one of the most unproductive congresses in U.S. history, the current 114th Congress seems to be on a better track.

So if you're planning on escaping the cold Canadian winter, Cuba should be on the top of your list as it may be the last chance to see it in its current state.



ALL PHOTOS BY LANCE MCMILLAN



### TRAVEL NOTES BALI BARGAIN, FANCY LUGGAGE



**Lombok is just one island east of Bali.** CONTRIBUTED

#### Indonesia deal

Save up to \$540 on Contiki's new eight-day Bali Island hopper trip when you book and pay before Dec. 23. With a shortie trip, you only have to take five days off work to hang out on Bali, Gili Trawangan and Lombok, one of the world's top hot spots.

Besides island hopping, you'll be snorkelling and surfing, staying in four-star hotels and enjoying amazing Indonesian cuisine. Visit [Contiki.com](http://Contiki.com).



**The new Quartmaster Homme carry-on.** CONTRIBUTED

#### Ultimate carry-on

What to get the man who has everything? The perfect suitcase, of course. The new Ebby Rane Quartmaster Homme luxury carry-on keeps him organized, with seven inner pouches that fit together, guiding the packing process so nothing gets forgotten — ties, shoes, tech gear, shaving essentials, etc. A stylish little slice of Italian leather heaven. \$1,230, at [EbbyRane.com](http://EbbyRane.com).



**The new Iberostar Playa Pilar, Cuba.** CONTRIBUTED

#### New Cuba hotel

Just in time for the influx of American tourists, Iberostar Playa Pilar has opened on Key Guillermo in the Jardines del Rey archipelago, the hotel chain's 11th resort in Cuba. With 480+ rooms, the five-star resort faces the world's second-longest coral reef, and offers a flawless beach, three restaurants, plus a ton of water sports and nautical pursuits to help pass the time. Visit [Iberostar.com](http://Iberostar.com). DOUG WALLACE



# How flyers can make a smooth getaway

## TRANSIT SERVICES

### Cab-free ways to get to and from the airport in various cities

**Loren Christie**  
For Metro Canada



Getting to and from the airport is often a last-minute consideration when planning your vacation. While taking a cab, car service or driving are options, it is worth investigating the more budget-friendly choices available. Cheapflights.ca recently released a compilation of the best alternatives for getting to and from the airport.

#### Toronto

There is a couple of choices available when making your way to and from Toronto's Pearson International. Toronto's public transit system (TTC) offers the cheapest option but the \$3 fee requires you to schlep your suitcase onto a bus to Kipling Station where you then transfer over to the subway.

A comfortable yet more expensive alternative is the Union Pearson Express, which speeds you between the airport and downtown Toronto's Union Station in just 25 minutes, with trains departing every 15 minutes between 5:30 a.m. to 1 a.m. A one-way fare is \$27.50.

#### Vancouver

Getting between downtown and Vancouver International Airport is relatively easy. Located on Sea Island in Richmond, YVR is connected to the downtown via the convenient Canada Line Translink service.

A fantastic added convenience is the airport check-in kiosks at the following Canada Line stations: YVR-Airport, Templeton, Bridgeport, Marine Drive, Broadway-City Hall, Olympic Village, Vancouver City Centre and Richmond-Brighouse. The fares vary slightly, but expect to pay approximately \$10.

#### Montreal

The 747 bus line runs between the Montréal-Trudeau airport and the central bus station downtown 24 hours a day, seven days a week. Depending on

## + IN ENGLAND

When it comes to convenience the London Underground is incredible. With regular service to and from all terminals to Central London you can get to any destination within the London transport network on a one-way ticket that will cost you roughly \$10. The duration is between 60 and 80 minutes, depending on the destination.

Alternatively you can take the Heathrow Express train, which travels between Heathrow and London's Paddington Station. The ride lasts about 20 minutes and tickets booked 90 days in advance can cost as little as \$11 one-way and \$33 when purchased on the day of travel.

traffic, the trip can take between 45 and 60 minutes and the cost is \$10, which actually buys you 24 hours of service throughout the STM bus and métro network.



Vancouver International Airport is connected to the downtown via the convenient Canada Line Translink service. ED BIERMAN (FLICKR: EDBIERMAN)

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# Fly off to the Panhandle this winter

## FLORIDA'S HIDDEN GEM

### Bohemian hamlet, oyster capital among road trip stops

**Steve Gow**  
For Metro Canada



This time of year, sun-seekers look south to Florida for an easy winter warm-up. But while the Sunshine State is mostly known for its massive family theme parks or Miami's night-life, there is an overlooked side that's equally as enchanting: the Panhandle. Here's a quick look at the best of the state's northern coastline.

#### Pensacola

A great starting place, Pensacola delivers the liveliness of a major city alongside an eight-mile stretch of unspoiled beach that's practically deserted this time of year. Relax in the sun or wander around Fort Pickens — a well-preserved Civil War-era garrison located at the beach's western tip that notably included Apa-

che warrior Geronimo among its historic internees.

For airplane buffs, the National Naval Aviation Museum is a world-class gallery complete with more than 150 aircraft, flight simulators and an IMAX theatre. Stay at the Margaritaville Beach Hotel and watch dolphins splash from your balcony as the spectacular sun rises over the Pensacola Pier.

#### The Emerald Coast

East of Pensacola, this beautiful coastline doesn't just possess pristine beaches but the unique town of Destin (known as the "World's Luckiest Fishing Village") is where anglers can reel in deep-water fish thanks to a nearby 100-foot underwater drop-off.

As you travel further east, don't miss Grayton Beach — a bohemian hamlet with one of the most idyllic beaches in America. While there, grab a drink at The Red Bar, a funky jazz club that's hosted such celebrities as Sheryl Crow within its kitschy art-covered walls. Finish the day at Panama City Beach with its many garish roadside attractions of go-karts and pirate-themed mini-golf.



The Pensacola Pier in front of the Margaritaville Beach Hotel at sunrise. STEVE GOW/FOR METRO

#### The Forgotten Coast

Before the coastline begins to curl south lies Florida's most seductive secret — the Forgotten Coast. The historic town of Apalachicola bleeds charm with its Victorian architecture and old brick warehouses. Once a main port for the cotton-boom era, Apalachicola is now the

oyster capital of Florida, evident by the thousands of shucked shells adorning gardens and walkways. Try fresh mollusks at the popular Owl Café where you can wash the delicacies down with local ale from Oyster City Brewery.

For a real antebellum experience, stay at the Gibson Inn, a

108-year-old mansion wrapped in wide, white porches. For a great day trip, drive 90 minutes north to Wakulla Springs State Park to swim amongst endangered manatees and stop in Sopchoppy en route for a glimpse at the mysterious white squirrels that inexplicably inhabit the area — truly a wonder to behold.

## + LOCAL EATS

### Sno-balls

A popular treat of shaved ice topped with a variety of flavoured syrups and cream is best served near Pensacola at Tommy's Sno-Balls — a beloved roadside shack with hundreds of varieties that include kitschy names like Worm Juice and Alligator Blood.

### Grouper sandwich

In Florida's Panhandle, you can't go wrong with any fresh local seafood; however, the grouper sandwich is a Gulf Coast specialty. A meaty, light white fish, the grouper makes for a very flavourful feast whether grilled, fried or blackened.

### Tupelo honey

Produced in the Apalachicola region, this rare liquid treasure is a top-grade nectar with the distinction of being the only honey in the world that won't granulate.

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ORLANDO

# Making Disney more magical

**Vawn Himmelsbach**  
For Metro Canada

If you haven't been to Disney World in a while (or ever), the parks are making big changes to improve the guest experience.

From "smart" MagicBands to revamped offerings at the newly rebranded Disney Springs — not to mention a cool new Star Wars adventure — there's plenty of magic happening in Orlando, Fla.

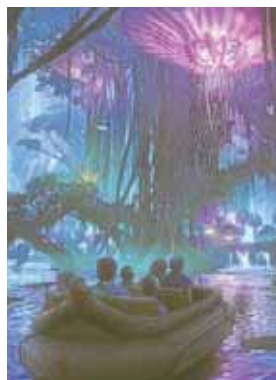
And there are special deals for Canadians to help offset the decline of the loonie.

Disney Springs (formerly Downtown Disney) is undergoing a transformation, with additional neighbourhoods slated for completion this summer.

"Most of the change is happening in The Landing, a true retail and dining complex," said Darcy Clark, marketing manager for Disney Springs. "This is all about the dining."

A notable addition is Morimoto Asia, from Japanese master chef Masaharu Morimoto — known for his appearances on Iron Chef America — featuring pan-Asian cuisine. More restaurants are slated to open in 2016.

Town Center is a brand-new



**The mythical world of Pandora is coming to Disney.**  
CONCEPT ART, WALT DISNEY IMAGINEERING

neighbourhood for shoppers, currently under construction and will feature more than 60 third-party retailers, including the likes of Zara, Tommy Bahama, UGG and Sprinkles Cupcakes.

Over the past year, Disney has rolled out a number of enhancements, including MagicBands and a mobile app. And while wait times have been an issue, Disney responded with FastPass+, allowing guests to reserve access to rides, shows or Disney character greetings either in advance or the day of their visit (wait times

## + FOR CANUCKS

To address the declining loonie, Disney's Canadian office is offering Canucks a discount on a package for a family of four that includes a five-night stay at a participating hotel with four-day theme park tickets, for travel completed by July 1, 2016. Another option is the Art of Animation Resort, which Disney opened in 2012 as a value-add budget property, ideal for kids with its Nemo-themed pool and Pixel Play arcade.

can be reduced from well over an hour to five or 10 minutes).

And, in the coming months and years, there will be new attractions to experience within the four parks.

This month will see the launch of the new Star Wars Launch Bay exhibit at Hollywood Studios, inspired by the latest Star Wars: The Force Awakens. A Star Wars land will begin construction in 2016. And in 2017, Disney will launch The World of Avatar in Animal Kingdom with a ride called Na'vi River Journey.



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## TECH IT OUT: GIFTS FOR HER

### Recommended buys for that special someone

Resist the predictable.

Instead of buying a spa certificate or mall gift card, why not wow your partner with a hot high-tech toy?

Granted, an activity tracker or touchscreen tablet might cost a little more, but there are some great deals to be had this season. And hey, isn't your significant other worth it?

Ranging in price from \$34.99 to \$599.99, the following are a few recommendations to suit varying tastes and budgets.

#### Stream dream

If you're not interested in buying a new TV — but want to turn your existing one into a smarter one — the Roku 3 (\$109.99) offers more than 1,700 channels — including all the biggies like Netflix, YouTube, Cineplex Store, Google Play Movies & TV and NHL.

#### Wet 'n' wild

If you're shopping for a book lover, the Kobo Aura H2O (\$179.99) is the world's

first waterproof ebook reader. Slip into the tub — or bring this Kobo to the pool or beach while on vacation — and it can remain underwater as deep as three feet for up to 30 minutes. The anti-glare e-ink screen can be read clearly in bright sunlight as well, or take advantage of the integrated light to read while curled up in bed.

#### No sweat

While Fitbit activity trackers start at just \$69.99 for the Fitbit Zip, the Fitbit Charge HR (\$149.99) helps you stay informed and motivated while being active. This wearable lets you set a daily goal — such as a certain number of steps taken, distance travelled or calories burned — and the lightweight and water-resistant wristband keeps track of your daily progress.

#### A touch of class

If budget permits, the Samsung Galaxy Tab S2 (from \$449.99 for the 8-inch version) is a touchscreen tablet with a vibrant display — ideal for watching videos, playing games and viewing photos.

#### Cable girl

Who says charging and syncing your mobile phone or tablet has to be ugly?

Belkin's fashion-forward charging cables decorate a purse, bag or key-chain, but they're really USB cables to connect an iPhone, iPad or iPod touch to a computer for charging up and syncing to iTunes. Available for \$24.99 apiece.

#### Have a seat

You enjoy taking a load off, so why shouldn't your smartphone? A quirky gift for a music lover is the aptly named Phoniture (\$99), a colourful charging station and Bluetooth-speaker set designed to look like an armchair with matching ottoman. Drop your smartphone into the seat and plug your charging cable into the USB port on the back; the chair is then plugged into an AC outlet to juice up your phone.

MARC SALTZMAN

# Grabbing great gadgets for guys

## Marc Saltzman

If it's true boys love their toys, then you'll find plenty of gadgety gift ideas to choose from this holiday season.

Whether you're shopping for a significant other, your dad, son or nephew, the latest in consumer electronics can go a long way.

Here's a look at a few suggestions.

#### Taking control

These amazing Harmony universal remotes from Logitech are super easy to program and use; simply plug the Harmony (from \$49.99) into a computer's USB port and download codes from the Internet to the device, then press one of the activity-based commands on the remote, such as "Watch TV" or "Play a Blu-ray." The Harmony does the rest by turning on only the devices you need and switching to the right settings to begin watching. The flagship model, Harmony Elite (\$389.99), replaces

up to 15 remotes, houses a 2.4-inch touch screen (with support for an optional app), and through its hub (included) can also control other smart home devices.

**Through the looking glass** If you're shopping for someone who likes skiing, mountain climbing or cycling, you might opt for one of those trendy POV ("point of view") cameras. The GoPro HERO4 Silver (from \$529.99) captures all the action from a first-person perspective, and hands-free, too, when mounted to your helmet, chest or bike (or since it's waterproof, maybe your snowboard or water skis). This version can shoot up to 4K Ultra HD video quality (15 frames per second) along with 12-megapixel photos up to 30 frames per second, and also features built-in and fast Wi-Fi connectivity to wirelessly send the videos and photos to a computer or website. If budget permits, the GoPro HERO4 Black edition (\$649.99) shoots 4K video at a smoother 30 frames per second.

**Listen up** If you're buying for a music

lover, the House of Marley Liberate XL Over-Ear Sound Isolating Bluetooth Headphones (\$149.99) block out a m b i e n t noise without a cable getting in the way. Simply pair these headphones with your favourite smartwatch, phone, tablet, laptop or music player, and enjoy wireless freedom up to about 65 feet away. Available in black or silver, these headphones are made with FSC-certified wood, stainless steel and exclusive Rewind fabric (made from hemp, recycled plastics and more).

Other features include 50mm dynamic moving coil drivers, an in-line microphone to take calls, and controls on the right earcup for power, volume, tracking and more. Battery life lasts up to 12 hours.

**Watch this** What to buy someone who loves his smartphone? How about a wearable accessory for it? Samsung has recently launched its newest wrist-mounted devices, the Gear S2, compatible with most Android devices and available in two versions: the Gear S2 Classic (\$429.99) for the fashion-forward guy, or the more minimalist Gear S2 (\$399.99) for the sport fanatic on the move.

Both offer a circular design, rotating bezel to cycle through apps and an intuitive, personalized interface. Users can stay connected with at-a-glance notifications to check calendar appointments, text, emails and news.

**The puck drops here** Face off as or against your favourite team in NHL 16 (\$59.99), a fun and frantic hockey game for Xbox One and PlayStation 4.

Compared to last year's version, this new disc or download offers more accessible and responsive skating and shooting controls, a new progres-



3



sion system, sharper visuals and better commentary to get you pumped up while you play. NHL 16 offers multiple game types to choose from,

whether you want to play by yourself, against a friend or family member beside you, or online against others.

#### Squaring off

If you want to drop a hint about your man's absent-mindedness, give the gift of Tile (from \$29.99 for one), a small, white and Bluetooth-enabled tracker that helps find lost items via the Tile app for iOS and Android devices. Simply attach, stick or

place Tiles on everyday items like house keys, your wallet or a purse, and if you can't find them, open up the app, tap the name of the item (like "John's Keys") and it'll ring loudly — as long as you're within a range of 150 feet. Even if you're farther away, Tile logs its last known location on a map, so you might be able to see if you left your wallet at the office, for example.

On the flip side, if you can't find your phone, double-tap your Tile to make your lost phone ring — even if it's on silent — or log into the Tile app or website on another device.

Prices are \$29.99 for one Tile, \$70 for a four pack, \$130 for an eight pack or \$180 for a 12 pack.



4



5



1



2

Give the perfect gift this year with a Canon EOS Rebel T5 DSLR.

Canon  
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REBEL T5



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\*By unit and dollar shares, as sourced through the NPD Group's Retail Tracking Service from October 2008 to August 2015 for the Digital SLR Camera category in the Canadian market.

1 Logitech Harmony Elite, \$399.99

2 GoPro HERO4 Silver, from \$499.99

3 House of Marley, Liberate XL Bluetooth headphones, \$199.99

4 NHL 16, \$59.99

5 Samsung Gear S2 Classic, \$499.99

Prices are subject to change at retailers' discretion.



# Pets set to get Xmas benefits

Ylva Van Buuren

'Twas the night before Christmas and all through the house, not a creature was stirring... except for the family pet who was sniffing around under the tree.

Wrap up one of these practical and fun gift ideas for the pets on your list.

**RAIN DATE:** Some dogs dislike the rain.... but the Pet Life Pour-Protection Umbrella will keep them dry. It has a reflective lining and leash holder. \$34 at Amazon.ca.

**ADD LIGHT YEARS:** Active cats will love the Petsafe Bolt Interactive Laser Toy — and it gives owners quality time with their pet too. \$21.99 at Amazon.ca.

**TO ALL A GOOD NIGHT:** Invite your four-legged friend to curl up on this designer dog bed by Jo Alcorn. \$99 at Shop.ca.

**BARK BINGO:** Wrap up a dog bingo game for the pet lover on your list. \$39.95 at Crate and Barrel, crateandbarrel.ca.

**PLAY BALL:** Dogs can learn to retrieve with the Toys "R" Us Pets Fetch N' Treat Interactive Dog Toy — when the dog retrieves the ball and drops it in, the toy gives him a treat. \$29.99 at PetSmart, petsmart.ca.

**JINGLE BELL:** Adjustable glow-in-the-dark collar is comfortable and lightweight, and a jingle bell makes it easy to find the cat. Martha Stewart Pets collar, \$9.99 at PetSmart, petsmart.ca.

## PICTURE PERFECT:

A make-your-own pet calendar is a wonderful and thoughtful gift for any animal lover. A3 or A4 Wall Calendars feature 13 photos each. \$22 at Photobox.ca.

## CHEW ON THIS:

Plush dog chew toy, \$5.99 at Winners, winners.ca.

## HOLIDAY HELP:

Wrap up a CanadaHelps Charity Gift Card — and invite the recipient to choose the charity from hundreds dedicated to the welfare of animals. Available in any denomination starting at \$5 at CanadaHelps.org.

## STINKY POOCH?

The Rainburst Simple Shower uses a hydration reservoir or a 2L bottle of water to hose down your pet, and that will be a welcome gift for anyone who hikes or camps with their foraging four-legged friend (you never know what they're going to discover in the bushes!) \$10.75 at Mountain Equipment Co-op, mec.ca.

## FEATHERED FRIENDS:

Perky Pet Mason Jar Wild Bird Seed Feeder looks like a vintage blue glass canning jar used in the 1800s, and will add a rustic appeal to any yard or balcony. The feeder has eight feeding ports and holds about one pound of seeds. \$26.99 at Canvasback Pet Supplies, canvasbackpets.com.

## HOME FOR THE HOLIDAYS:

Cats travel in comfort and style in a Sherpa Original Deluxe Carrier. Available in small, medium and large sizes, it comes with a seat belt and luggage strap. \$69.99-\$79.99 at Canvasback Pet Supplies, canvasbackpets.com.

## PAW PROTECTION:

Wellies dog boots protect paws from snow, salt, rain and mud. Extra-wide opening and Velcro closure make them easy to put on and take off. In black or red, durable yet soft silicone rubber. Different sizes start at \$20.99. Canada Pooch Stores, canadapooch.com.

**FOR BIRD BRAINS:** Spirale cotton rope bird toy by ZooMax has pony beads and a small bell for fun play. Non-toxic. Assembles with a small wire. \$10.99 at Pet Valu, petvalu.com.

## SPECIAL OCCASION:

You can dress them up and pretty well take them anywhere in a Pet Rainbow Tutu. Small, medium and large sizes, \$7.99 at Pet Valu, petvalu.com.

**SOLE SAVING:** For dogs that have trouble walking on hardwood, Muttsocks paw protection socks have non-skid soles for indoor traction. Six sizes, \$11 (set of 4) at muttluks.com.

7

- 1 Pet Rainbow Tutu, \$7.99 at Pet Valu, petvalu.com.
- 2 Petsafe Bolt Interactive Laser Toy, \$21.99 at Amazon.ca.
- 3 Perky Pet Mason Jar Wild Bird Seed Feeder, \$26.99 at Canvasback Pet

- Supplies, canvasbackpets.com.
- 4 Designer dog bed by Jo Alcorn, \$99 at Shop.ca.
- 5 Sherpa Original Deluxe Carrier, \$69.99-\$79.99 at Canvasback Pet Supplies,

- canvasbackpets.com.
- 6 Rainburst Simple Shower, \$10.75 at Mountain Equipment Co-op, mec.ca.
- 7 Pet Life Pour-Protection Umbrella, \$34 at Amazon.ca.



# WHICH NIKON ARE YOU?

## HOLIDAY SALES EVENT

NOVEMBER 27 TO JANUARY 7



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# The ultimate gifts for foodies

## GIFT IDEAS

### Some holiday favourites for those who love the kitchen

#### Tina Anson Mine

Whether you're looking for the tried-and-true or something a little different, these gifts are sure to delight the food lovers and aspiring chefs in your life.

**For the retro enthusiast** Streamline Kitchen Timer. It's the details that make the look. This classic old-school kitchen timer watches the time (up to 55 minutes) and looks stylish doing it. It has an easy-to-set retro dial accented in bold black and red, and the case comes in an assortment of throwback colours, including mint green, burnt orange and fire-engine



red. It's a cute gift that won't break your budget — you might even want to give your favourite cook two. \$17.99 at Home Outfitters, homeoutfitters.com.

#### For the seafood lover



**Outset Oyster Grill Pan.** The holidays fall smack in the middle of oyster season, and Canadians are no strangers to grilling in their parkas. So why not indulge the oyster lover on your list with this funky pan? Made of sturdy cast iron, it has perfectly shaped holes to hold a dozen oysters on the grill without spilling any of their tasty juices. You can also use it to serve oysters cold on the half-shell if you're not that into winter grilling. \$47.99 at Home Outfitters, homeoutfitters.com.

**For the baker** Cambria Cake Stand. If you're going to go to all the

trouble — and joy! — of baking a beautiful cake, you need something equally pretty to put it on. With clean lines and a modern but slightly rustic look, these laid-back cake stands come in a bunch of juicy hues. They're perfect for entertaining a holiday crowd at home. \$73 at Pottery Barn, potterybarn.ca.



#### For the wine lover

**Copper Wine Bottle Cooler.** This stylish copper-toned chiller has the panache of a real copper bucket without the insane price tag. Sturdy iron handles give it a masculine edge and make it easy to tote from kitchen to table. Hint: To quick-chill your wine, add



ice, fill the bucket about halfway with cold water and add a handful of salt before adding the bottle. \$65 at Pottery Barn, potterybarn.ca.

**For the coffee addict** Le Creuset Café Stoneware French Press. This 27-ounce pot holds about three generous cups of coffee — just right for sharing a morning pick-me-up with a friend. Made of sturdy ceramic, it keeps coffee hot much longer than typical glass or metal French presses. The beautifully enameled stoneware is durable and looks great on the counter. \$80 at Williams-Sonoma, williams-sonoma.ca.



**For the techno-cook** Sony Xperia Z3 tablet. This tablet is waterproof. Yes, you heard that right. While you can't dunk it all the way underwater (there are limits), this slim, compact Android-platform device tol-



erates splatters and can even take a quick rinse

under the tap. It makes cooking your favourite online recipes a tidier experience. \$699.99 without a plan or \$49.99 with select two-year plans at bell.ca or rogers.ca.



**For the gadget lover** Vegetable Spiralizer. Remember how much you loved that Tornado Potato at The Ex? Get ready to make it at home. This clever machine turns vegetables into four different-size spirals, from tiny angel hair (great for raw veggie "noodles") to wide, flat spirals (for those deep-fried potato

curlicues you're now craving). Made of sturdy plastic and super-fast to use, it's a fun kitchen toy. \$64.50 at Lee Valley, leevalley.com.

**For the hipster health nut** KoMo FlicFloc Manual Flaker. Why buy a sack of stale rolled oats at the grocery store when you can make them fresh at home? This old-fashioned hand mill turns raw oat groats into easy-to-use flakes that retain all the nutrients in the whole grain. Lovingly made of birch and steel, it's a keeper you can pass on to the next generation. \$179, a Grain Storm, grainstorm.com.



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# Raising a glass to fine wines

## RECOMMENDATIONS

### The good stuff can be found in almost every price range

Peter Rockwell

Are you haunted by the gifts of wine you gave from Christmases past? Here are a dozen bottles that are guaranteed to put a smile on the face of the wine lovers on your holiday shopping list.

#### FOR THE WINE NEWBIE

Not to say that anyone, no matter how wine engaged, wouldn't appreciate these wines, but they'll especially appeal to those just getting their palates wet.

**KWV 2014 Contemporary Collection Chenin Blanc (South Africa, \$9.45-\$10.99):** A thirst-quenching dry white



with plenty of light green fruit and balanced acidity. **Radio Boka 2013 Tempranillo (Spain, \$10.95-\$13.99):** Still undiscovered by many, the wines of Spain's Valencia region are real palate pleasers, with this well-priced Tempranillo a tasty mix of black cherry and subtle spice.

**Fairview 2014 Goats do Roam Red (South Africa, \$12.95-\$14.99):** With a

name poking fun at France's Côtes du Rhône region it's no wonder that this is a Shiraz-led blend of six different grapes. Light and juicy, its plummy fruit is drinkable right out of the bottle.

**The Entertainer 2013 Red Blend (Australia, \$15.95-\$16.99):** Made by Wolf Blass in honour of its gregarious founder, this ripe, rounded red blend of Shiraz and Grenache has loads of berry fruit and a hint of residual sugar.

**FOR THE ENTHUSIAST** If you're friends with an afi-

cionado, one of these wines should turn their corkscrew.

**Anselmi 2014 San Vincenzo IGT (Italy, \$16.95-\$20.99):** This inspired blend of Garganega, Chardonnay and Sauvignon Blanc is a muscular white with complex citrus and apricot. Aging in steel vats means there won't be any oak to distract you from the forward fruit.

**O'Leary Unoaked Chardonnay VQA (Ontario, \$13.95-\$18.99):** One for the business-minded. Mr. Wonderful, Kevin O'Leary,

joins the celebrity winemaking scene with this refreshing, citrus-meets-green apple Chardonnay perfect for seafood (even shark).

**McManis Family Vineyards 2013 Cabernet Sauvignon (California, \$19.95):** A full-figured California Cabernet with thick, cassis-laden fruit and a touch of smoky wood



thanks to six months of oak aging. Though big on ripe, jammy flavours, this is a surprisingly balanced red that drinks super smooth.

**Jacob's Creek 2013 Double Barrel Shiraz (Australia, \$19.95-\$20.99):** Both wine and brown spirit fans will enjoy this uniquely aged Barossa Valley Shiraz that sees finishing time in used Scotch barrels. It all leads to a big-boned red with loads of chewy wood and dark chocolate.

**Bonterra 2013 Chardonnay (California, \$19.95):** As the granddaddy of American organic wine producers, Bonterra's made a name for itself by making consistent, full-flavoured wines like this Chardonnay. Fresh, bright and oozing tropical pineapple, lime and lemon, it makes for a perfect partner with roast poultry.

#### IF MONEY IS NO OBJECT

The holidays are all about giving; just be around when they open one of these bottles.

**Montresor 2013 Amarone della Valpolicella (Italy, \$36.45-\$43.99):** Though you can drink them with food, an Amarone is a slow sipper, best paired with good conversation. Made by pressing dried grapes, this is a robust core of plums, raisins and dark black fruit, which makes it a great dinner opener and closer.

**Taylor Fladgate 20-Year-Old Tawny Port (Portugal, \$62.79-\$68.95):** No liquid goes better with a roaring fire and cheese (especially Stilton) than Port. Made from a blend of 20-year-old wines, this is a sublime mix of brown sugar, nuts and spices.

**Moët & Chandon 2004 Dom Pérignon Champagne (France, \$224.29-\$249.95):** Named for a French monk, Dom Pérignon is arguably the most recognizable name from Champagne. The 2003 balances sophisticated citrus fruit with enough depth to float a cruise ship, ready for any occasion.

**1** KWV 2014 Contemporary Collection Chenin Blanc, \$9.95-\$10.99

**2** Fairview 2014 Goats do Roam Red, \$12.95-\$14.99

**3** Bonterra 2013 Chardonnay, \$19.95

**4** Jacob's Creek 2013 Double Barrel Shiraz, \$19.95-\$20.99

**5** Moët & Chandon 2004 Dom Pérignon Champagne, \$224.29-\$249.95



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# Have a green Christmas

## ECO-FRIENDLY

### Think about the environment and others

Todd Lewys

With the green movement gaining momentum, we thought we'd include a cross-section of novel eco-friendly gift choices for your consideration.

**Anointment Natural Skin Care Wet Shave Kit:** This gift set includes a handcrafted pottery shaving scuttle, shave brush and old-fashioned, unscented shaving soap. The soap contains moisturizing French green clay, skin-soothing ground sandalwood and flaxseed — plus castor oil for impressively dense foam. \$60 at Grassroots Environmental Products at grassrootsstore.com.

**Magnifeco: Your Head-To-Toe Guide to Ethical Fashion and Non-Toxic Beauty, by Kate Black:** This book by Kate Black is, in just a few words, a head-to-toe guide to ethical fashion and non-toxic beauty. Black examines these subjects, recommends a number of ways for consumers to make better decisions and introduces the brands and designers leading the way along this socially responsible path. \$19.95 at Amazon.ca.

**Bamboo Sheet Set:** Sold by British Columbia eco-retailer All Things Being Eco, these bamboo sheets — available in queen and king size sets — offer a rich lustre, soft feel and, due to their bamboo construction, are very durable. \$165-\$195 at allthingsbeingeco.ca.

**Cotton Mesh Produce Bag:** Made right here in Canada, this cotton mesh produce bag is an environmentally responsible — not to mention good looking — alternative to using plastic bags.

You can use it to take your fruits and veggies home from the market, and the breathable mesh allows for easy storage in the fridge. \$15.50 at eco-handbags.ca.

**Bamboo Towel Set:** Softer and more absorbent than cotton, these towels are made of 100 per cent bamboo viscose yarn. Naturally hypo-allergenic, anti-microbial and more odour-resistant than cotton, the set comes with a bath towel, hand towel and face cloth. \$45 at allthingsbeingeco.ca.

**Bookhou for Mini Mioche Hoodie Tee:** The Toronto-based company enlisted local designer Bookhou to design a winning hoodie-tee for children. The result is a 100 per cent organic cotton hoodie tee that comes in 10 sizes and three prints — olive triangle, black bure and eggplant floral. \$33 at minimioche.com.

**Chemex Coffee Maker:** With four sizes to choose from — three, six, eight and 10 cups — this coffee maker is as green as you can find. Made of non-porous borosilicate glass, the carafe doesn't absorb odours or retain harmful chemical residues. It uses patented Chemex bonded filters (US\$8.90). US\$38.90-\$47.50 at chemexcoffeemaker.com or Amazon.ca.

**Verterra Palm Leaf Dinnerware:** Greenmunch — based in Sherwood Park, Alta. — offers Verterra Palm Leaf Dinnerware plates made from fallen palm leaves and water. They are microwave safe up to two minutes on high, and are oven-safe at 350 degrees for up to 45 minutes. One hundred per cent compostable, they biodegrade in less than two months. \$14-\$27 at greenmunch.ca.

**Weleda Calendula Baby Face Cream:** Made with 96 per cent organic ingredients, this cream is free of synthetic fragrances, chemical preservatives and petroleum-derived ingredients. It moisturizes and softens baby's sensitive skin. \$23 at minimioche.com, well.ca and other retailers.

**Poo-Pourri Before-You-Go Toilet Spray:** According to the good folks at All Things Being Eco, this makes a great stocking stuffer. Little wonder — an ounce of perfumed prevention can go a long way in the bathroom. \$12.25-\$18.50 at allthingsbeingeco.ca.



- 1 Poo-Pourri Before-You-Go Toilet Spray (\$12.25 - \$18.50)
- 2 Cotton Mesh Produce Bag (\$15.50)
- 3 Anointment Natural Skin Care Wet Shave Kit (\$60)
- 4 Bamboo Towel Set (\$45)
- 5 Magnifeco by Kate Black (\$19.95)

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# The wait is over ... Aldo and McGregor ready for battle

UFC

## No love lost as cocky Irishman insists he'll beat proven champ

Jose Aldo is the only featherweight champion in UFC history. The brilliant Brazilian star is widely considered the pound-for-pound best mixed martial artist in the world. He hasn't lost a fight in 10 years.

And yet in the casinos of Las Vegas, Aldo is a betting underdog in the main event of UFC 194 on Saturday night.

Behold the power of Conor McGregor, the loquacious Irish challenger who has persuaded the world he can end 2015 by dethroning a king.

"He is already beaten," McGregor said. "I look in his eyes, and I see someone who knows his era is over. It's a new era. It's my era. I almost want to comfort him. I want to say, 'Don't worry. It will all be over soon.'"

A year of promotional hype and fan anticipation culminates at the MGM Grand Garden Arena in the main event of the biggest show on a huge three-day weekend of UFC fights.

Aldo (25-1) and McGregor (18-2) have traded innumerable insults and menacing glares during the buildup to this injury-delayed showdown. It's finally time to find out whether



UFC featherweight champion Jose Aldo faces off with interim UFC featherweight champion Conor McGregor, right, during the final pre-fight news conference for UFC 194 at the MGM Grand Garden Arena in Las Vegas on Wednesday. LAS VEGAS SUN VIA THE ASSOCIATED PRESS

McGregor can back up some of the most delicious bravado in recent sports history.

"I get in there, and I put on a show," McGregor said. "I come to fight, and this fight will be

a performance. I'm not just going to beat Jose. I'm going to embarrass Jose in there. I don't need to gather any more intel, any more research. It's done. He has already lost."

While McGregor's personality is both magnetic and divisive, Aldo is no wallflower himself, as evidenced by his testy relations with the UFC for the past few years. He has reacted with amusement and anger to McGregor's provocations while adding his own jabs, albeit without the inimitable showmanship of McGregor's rants.

"I'm going to hit him, and he's going to sleep," Aldo said

through a translator. "I don't really care how I win. I care about winning. Really the only difference is I always beat Americans, and this time I'm going to beat an Irishman."

Aldo could say little when he was injured in training shortly before he was originally scheduled to meet McGregor in July, scrapping an elaborate promotional campaign and providing more fodder for his challenger. McGregor took on the highly regarded Chad Mendes instead, scoring a second-round stoppage and earning an interim belt.

That honour didn't satisfy McGregor, whose plans for world domination aren't confined to one weight class or even one endeavour ("Hollywood is screaming for me," he said).

McGregor has attracted global attention to the grateful UFC, which has heavily showcased his magnetism and verbosity. He has become a fan favourite — particularly among his countrymen, who filled Vegas' casinos with songs and revelry before and after his victory over Mendes.

"I think it's going to be an electric atmosphere," McGregor said. "I feel the Brazilians will come out to support. They're going to be swallowed by the Irish, though. It's going to be a green Christmas in Las Vegas, that's for sure."

THE ASSOCIATED PRESS

GOLF

## Brooke's goals for 2016

Golfer Brooke Henderson had two dreams come true this year: she became a member of the LPGA Tour and won her first tournament at that level.

She's setting her sights even higher in 2016. Henderson hopes to continue her ascent on the top women's professional golf circuit and also lead Canada to the podium when the sport makes its return to the Olympic program next summer in Rio.

"It's an amazing opportunity that I have just to play in the Olympics and to play on the LPGA Tour. They're both dreams that I've had since I was young."

Henderson, a former top-ranked amateur, showed this past season that she was the real deal. Her statement performance came in August at the Cambia Portland Classic, when she blew away the field with a whopping eight-stroke victory.

Henderson was about three weeks shy of her 18th birthday at the time. She was granted immediate LPGA Tour membership by commissioner Mike Whan after the win.

THE CANADIAN PRESS



Brooke Henderson GETTY IMAGES

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# Coaching 1,000 games no picnic

NHL

## Alain Vigneault has been fired twice and been coach of year

Alain Vigneault paused for a moment when asked what advice he would give a younger version of himself — one who had yet spend a single game behind an NHL bench as a head coach.

"You sacrifice a lot things on a personal level," he said. "The balance people have in life between their family lives and their work is really tested and put to the limit. I've never felt I worked a day in my life because I love the game."

"I was willing to make that sacrifice."

Vigneault will coach his 1,000th NHL game on Friday when his New York Rangers visit the Edmonton Oilers, a milestone he has reached despite a roller-coaster career.

The Quebec City native was in his late 30s and leading the Montreal Canadiens in the 2000-01 season when he was blindsided by an abrupt firing just over three years into his tenure.

"I had just been up for coach of the year with the Habs. I couldn't find a job," said Vigneault. "I was six months out of work, I was going through a challenging (marriage) separation, two young daughters, a



Alain Vigneault's coaching career has known a few ups and downs. CRAIG RUTTLE/THE CANADIAN PRESS

lot of bills."

After a brief career as an NHL defenceman, Vigneault got his start coaching in the Quebec Major Junior Hockey League and as an assistant with the expansion Ottawa Senators. He knew he would have to take a step backwards to get another crack at the big time after Montreal, so he signed on with the QMJHL's PEI Rocket before the Vancouver Canucks hired him to coach their AHL affiliate.

And when then-Canucks general manager Dave Nonis fired Marc Crawford in 2006, Vigneault was the man entrusted

**This is a tough business to get into. In my case, it's a tough business to get back into.**  
Alain Vigneault

with getting the club to the next level.

"To say that I was very confident that I would get back (to the NHL) would not be the truth," he said in Vancouver earlier this week prior to the Rangers' game against the Canucks.

Vancouver made the playoffs and Vigneault won coach of the year in his first campaign, but

the team missed out on the post-season in 2007-08, with Nonis paying the price for that failure with his job.

Mike Gillis came on board as GM and supported Vigneault during a rough stretch in 2008-09 when many were clamouring for him to be fired.

"(Gillis) never buckled," said Vigneault. "He was right by

## + OILERS HONOUR GLEN SATHER

Fifteen years after Glen Sather left the organization, the Edmonton Oilers will raise their former coach and executive's banner to the rafters at Rexall Place on Friday night, alongside the numbers of Wayne Gretzky, Mark Messier, Jari Kurri, Paul Coffey, Glenn Anderson, Grant Fuhr, Al Hamilton and those celebrating five Stanley Cups and many more division and confer-

ence titles.

"I think the best thing I could say is if you asked those greats, those players, about Glen having his banner raised, they'll say that he warrants that as much as they do," former Oilers defenceman and current team president Kevin Lowe said last month in Toronto. "You can't say anything better than that."

THE CANADIAN PRESS

my side."

Gillis' faith was repaid and two years later Vigneault led Vancouver to the best record in the league and within a game of winning the Stanley Cup.

Canucks forward Alexandre Burrows, who played eight seasons for Vigneault, said honesty is one of the coach's greatest attributes.

"There's no grey areas," said Burrows. "If you're a shooter you better shoot, if you're a grinder you better grind. He tells you how it is."

A second Presidents' Trophy followed in 2011-12, but Vancouver bowed out in the first round of the playoffs that season and again in the spring of 2013, leading to Vigneault's dismissal.

"Hockey's a tough business and expectations here were high," he said. "I understand the organization doing what it had to do. I have nothing but

good memories."

Vigneault — who has record of 538-349-112 as he prepares to become the 23rd coach in NHL history to reach 1,000 games — landed on his feet with the Rangers, but got off to a slow start in New York.

"I've had a lot of different coaching styles," said Rangers goalie Henrik Lundqvist. "What really struck me the most was his patience when he came in his first year and we were struggling."

Vigneault stayed patient and led the Rangers to a Stanley Cup appearance in 2013-14 before losing out in the Eastern Conference final last season.

Vigneault has flown under the radar for much of his career. That doesn't seem to bother him, at least on the surface.

"This is a tough business to get into," he said. "In my case, it's tough business to get back into." THE CANADIAN PRESS



**FLAMES HOST SABRES CROWDED CREASE** Buffalo's Ryan O'Reilly, left, and Jamie McGinn try to get the puck past Calgary goalie Jonas Hiller Thursday. For details and final score, see metronews.ca. JEFF MCINTOSH/THE CANADIAN PRESS

WORLD JUNIORS

## Goalie's suspension creates competition

A mistake by Mackenzie Blackwood has opened up the competition for Canada's No. 1 goaltender at the world junior hockey championship.

Blackwood was Canada's presumptive starter for the upcoming international tournament until he earned an eight-game suspension in the Ontario Hockey League on Tuesday after slashing an opponent in the shoulder. He'll sit the first two games of the world juniors in Helsinki, leaving Mason McDonald to start for Canada against the United States and Denmark.

"I'm just going to take it as it is," said Blackwood on Thursday night after the first practice of Canada's selection camp. "I'm missing the first two games but when I get a chance I'm going to make the most of it and hopefully prove my worth then."

Canada's original plan for the world juniors was to have Blackwood and McDonald as the



**Mackenzie Blackwood**  
MIKE EHRLMANN/GETTY IMAGES

only goaltenders at selection camp, with Ryan Jankowski, the team's director of player personnel, saying on Dec. 1 that Canada planned to cut down to 22 players with 13 forwards, seven defencemen and the pair of goalies. THE CANADIAN PRESS

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## RECIPE Mini Turkey Meatloaves



PHOTO: MANA VISNTEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

These meatloaves are great to make ahead and freeze — then you can pull out as many (or as few) as you need on any given night.

**Ready in**  
Prep time: 60 minutes  
**Serves 4**

### Ingredients

- 1 Tbsp olive oil
- 1/3 cup onion, diced fine
- 1/3 cup celery, diced fine
- 1/3 cup carrot, diced fine
- 1 tsp fennel seeds
- 1/2 cup of rolled oats
- 1 1/2 lb of ground turkey
- 1/4 cup ketchup
- 1 egg
- 1/4 cup Parmesan, grated
- 2 Tbsp ketchup
- 1 tsp Worcestershire sauce

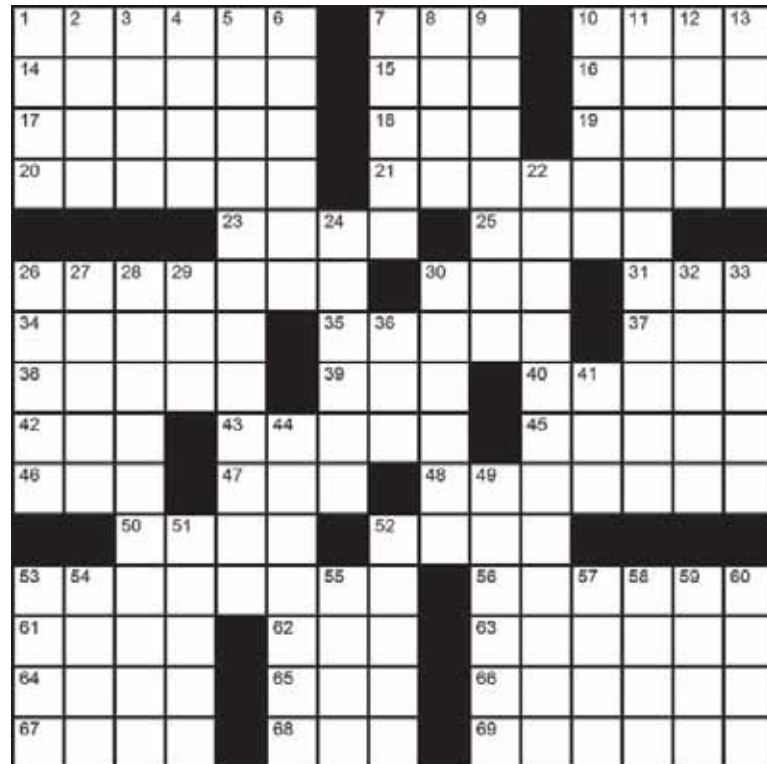
### Directions

1. Preheat the oven to 375 F.
2. Warm up olive oil in a pan over medium heat. Add your vegetables and the fennel seeds and allow them to soften, about 3 to 5 minutes. Remove from the heat and allow to cool a bit.
3. In a large mixing bowl, place meat, oats, ketchup, sauteed vegetables, cheese and a whisked egg. Mix it all together thoroughly — you want each bite to have a mix of all the elements.
4. Using a 1/3 cup measure, spoon mixture and place each scoop into a cup of a muffin tin. In a small bowl, mix together 2 Tbsp of ketchup and 1 tsp of Worcestershire sauce. Use a small spoon to smear this glaze over the top of your mini meatloaves.
5. Bake for 40 minutes. The internal temperature for meatloaf should be 160 to 165 F.

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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



### ACROSS

1. "Sleep that knits up the ravel'd \_ of care..." - Macbeth, Act II, Scene 2
7. Joan of \_
10. Cried
14. \_ \_ pants
15. \_ polloi
16. Some: 2 wds.
17. Mosaic components
18. Ms. DeGeneres, to pals
19. Single-named rock bassist
20. Bahamas capital
21. Prized-players
23. Alum
25. 'Class' or 'Luck' suffix
26. Javas
30. Ms. Field of movies, to pals
31. Financial deg.
34. Precise
35. Pedestal
37. Western prov.
38. 1970s music
39. Klutz
40. Feigned cry of enthusiasm: 2 wds.
42. Want \_ (Newspaper section)
43. Ms. Shriver
45. Some space objects
46. Ms. McEntire, briefly
47. Hill-building insect
48. Archived documents
50. Better Than \_ (Rock band)
52. Alberta village southeast of Calgary

53. In a sincere manner
56. "That's groovy with me": 2 wds.
61. Certain conjunctions
62. Not 'neath
63. Ms. Dion of song
64. Leave in, in

- proofreading
65. Ms. Lambert of country, to pals
66. Some wading birds
67. \_ de combat (Out of action)
68. Impatient shout!
69. Computer clickety-

click-clickers

### DOWN

1. Rotate
2. Moon goddess
3. Building additions
4. Woeful word
5. From Earth, one would take approxi-

- mately six to eight months: 3 wds.
6. Make certain/check
7. Up in front
8. Breadbasket bun
9. Irish actor Mr. Murphy of new whale adventure "In the Heart of the Sea" (2015)

10. Drifts through the air
11. "Op.23, No.6, Prelude in \_ \_ \_" by Russian composer/pianist Rachmaninoff
12. Equal
13. Christmas poem opener...
22. Newfoundland: Locale on Fogo Island for those who rarely-stop-over?
24. Classify
26. Aromatic tree
27. Zinc \_ (Skin irritation cream)
28. Michael who plays the Scottish lead in "Macbeth" (2015)
29. US broadcasting regulator
30. Journey amongst the lions
32. 1990: Madonna's \_ Ambition World Tour
33. Chasm
36. \_ Chi (Martial Art)
41. Owl's utterance
44. " \_ of a Murder" (1959) starring James Stewart
49. Draw out a response
51. Piquancies
52. Christmas-time resin
53. Mixture
54. Not duped: 2 wds.
55. "Star Wars" (1977) role
57. Bit from a movie
58. Van Gogh's Bank of the \_ at Auvers
59. Humberinger
60. Fewer

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Everything should be going well for you now and today's new moon in your fellow Fire sign of Sagittarius will make life even more enjoyable.

**Taurus** April 21 - May 21  
Today's new moon puts emphasis on finances, especially investments and property issues and anything of a monetary nature that involves other people. Lady Luck is smiling on you, so make some profitable moves.

**Gemini** May 22 - June 21  
If you have fallen out with a partner, loved one or friend, or even a work colleague, this is the perfect day to get back on good terms with them. You may have to admit you were wrong but it will be worth it.

**Cancer** June 22 - July 23  
It's unlikely you will be impressed by someone's aggressive attitude. Do not, however, try to confront them. They just got out of the wrong side of bed this morning.

**Leo** July 24 - Aug. 23  
Today's new moon urges you not to limit yourself in any way, shape or form. Creatively and professionally you are at the top of your game, so be active, be ambitious and above all be assertive.

**Virgo** Aug. 24 - Sept. 23  
Get tough with someone. If you don't do it now it will mean an even bigger showdown later on, so let them know where they are going wrong and what they can do to make it right.

**Libra** Sept. 24 - Oct. 23  
Cosmic activity in the area of your chart that governs your ability to communicate makes it easy for you to win people over. Use that ability to get others to do the small stuff while you focus on the big picture.

**Scorpio** Oct. 24 - Nov. 22  
If you get an offer that could bring you money you should take it. It will mean more work and you will have to sacrifice other things but if you turn it down you will kick yourself later.

**Sagittarius** Nov. 23 - Dec. 21  
Look out for your own interests and do something for yourself for a change. Today's new moon in your sign promises great things will happen. You deserve your success.

**Capricorn** Dec. 22 - Jan. 20  
You may be tempted to give up on something today but the planets warn if you stop now you will regret it later in the month. Keep going. You are on the brink of a breakthrough.

**Aquarius** Jan. 21 - Feb. 19  
This is a good time for friendships and group activities but don't spread yourself thin. Where your work and creative activities are concerned don't start anything new because what happens tomorrow will require all your attention and energy.

**Pisces** Feb. 20 - March 20  
You may be ambitious but the planets warn you won't be able to reach your goals alone. Look for people who can assist you and ask for help.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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